

# Sport Support & Foot Care

Products to support your active life



November 2010

Ability Matters is a retail outlet providing an innovative concept in the provision of aids and equipment for all active people with different abilities.

Podiatrist, H.P.C. Occupational Therapist, State Registered Physiotherapist and Orthotist by appointment.



Bledsoe Bracing for the future



Bledsoe Bracing unique features



Sport support products



Cosyfeet, extra roomy footwear with flexible soles



Tailored orthotic insoles and gel comfort products



**ability matters**  
supporting your active life

Opening hours: Weekdays 9 am to 5:30 pm  
Saturdays 9 am to 4:30 pm

We are located at 332 Abingdon Road, Oxford,  
OX1 4TQ less than 2 miles from the city centre.

Parking available for clients

tel: 01865 242500 [www.abilitymatters.co.uk](http://www.abilitymatters.co.uk)





Accepted by Doctors and

Physiotherapists as one of the few neoprene supports that actually speed up recovery through the exclusive 'Variable Compression System'



Provides warmth and pain relief to the shoulder joint. Used for over-loaded or degenerative shoulders inflammation

Arthrosis, sprain and fracture sequelas Used for pains after trauma and for protection

**AM400&401 - £33.08**  
 Left & Right Shoulder Support  
 Sizes: S-M-L-XL



**AM315 - £11.25**  
 Universal Wrist Band

Maximizes the work of the abductor muscles by retaining corporal heat Recommended for use in rehabilitation processes & in physical exercises Made up of 2 mm neoprene



**AM335 - £26.26**  
 Thermal Sport Shorts  
 Sizes: S-M-L-XL



For treatment of chronic pains such as tendinitis and bursitis Prevention & treatment of epicondylitis

Provides comfortable compression & support for weak or stressed wrist

**AM326 - £14.63**  
 Tennis Elbow Support  
 Sizes: S-M-L-XL



**AM316 - £11.26**  
 Universal Wrist Support

As a support in physiotherapeutic treatment & sport activities



**AM322 - £16.04**  
 Universal Thigh & Hamstring Support



For treatment of chronic pains such as tendinitis & bursitis Prevention & treatment of epicondylitis, silicone insert for extra protection & better compression

**AM334 - £17.74**  
 Elbow Support with Silicone  
 Sizes: S-M-L-XL



**AM332 - £18.04**  
 Wrist Brace w. Splint  
 Sizes: S-M-L-XL

Instability of knee following ligament injuries or reparatory surgery Helps relieve pain from tendonitis & arthritis In post-surgical & post-traumatic rehabilitation process Aluminium bars & lateral anatomic knee articulation



**AM327 - £65.51**  
 Hinged Stabilising Knee Brace w. flexion/extension control  
 Sizes: S-M-L-XL



Prevention & treatment of epicondylitis while at work or doing sport Lateral epicondylitis known as tennis elbow Medial epicondylitis known as golfer's elbow

**AM317 - £15.04**  
 Universal Epicondylitis Support

Used as a protector for the muscles on the abdomen, waist and lower back



**AM323 - £24.97**  
 Universal Waist Support

Recommended for use in processes of arthrosis, arthritis, bursitis & tendonitis In post-surgical & post-rehabilitation process Metal hinges & lateral anatomic knee articulation Made up of 4 mm neoprene



**AM329 - £38.95**  
 Articulated Knee Support with metal hinges  
 Sizes: S-M-L-XL



**AM330 - £34.25**  
Crossed Knee Support  
Sizes: S-M-L-XL

Supporting lateral & medial tendons of knee & providing patellar support with adjustable Cross Bands & 4 spiral stays

Provides uniform compression & comfort in the treatment of shin splints, bruises, muscle strains and pulls



**AM331 - £15.45**  
Calf & Shin Support Sizes: S-M-L-XL

Soft Collar is used for the relief of neck pain. Made from supportive foam Covered with stockinette and Velcro fasten. Day or night use, recommended for spondylitis, spondylosis, rheumatoid arthritis, osteoarthritis & post-operative support



**AM435 - £9.49**  
Soft Collar  
Sizes: S-M-L-XL



**AM318 - £15.04**  
Universal Closed Knee Support

Useful in therapy for swelling where heat & compression is required or during sport activities

Uniform size, provides compression & comfort in the treatment of shin splints, bruises, muscle strains & pulls



**AM324 - £15.57**  
Universal Calf & Shin Support Universal Size

Rigid Collar indication for use same as above but made from rigid plastic for greater support. Available with chin support part number

**AM436CS - £19.95**



**AM436 - £16.45**  
Rigid Collar  
Sizes: S-M-L-XL



**AM319 - £18.62**  
Open Knee Patella Support Universal Size

Full patellar control for wear & tear, patellar tracking abnormalities & patellar tendonitis

Heel-lock elastic strap provides increased medial lateral support, restricts plantar/dorsal foot movement. For minor sprains & strains, helps prevent injury to unstable ankles



**AM328 - £24.50**  
Ankle Support with spirals



**AM320 - £10.99**  
Universal Patella Band

Useful during sport activities & can be used as a protector for the patella

Uniform size, provides compression & comfort for ankle sprains & soft tissue



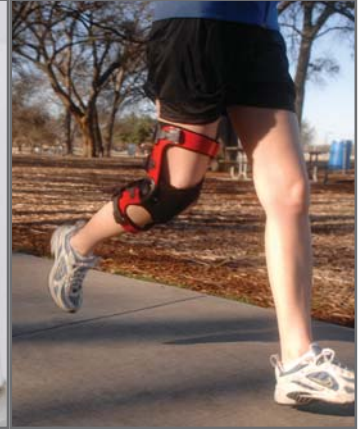
**AM321 - £16.16**  
Universal Ankle Support

The Neo-G products are all produced in 3mm thick neoprene unless otherwise stated.

Neoprene products should be used while exercising and / or when in discomfort. Discomfort might be due to injury or stress fracture.

If discomfort continues an appointment with a specialist might be wise.

# Book an appointment with our HPC registered Orthotist, Podiatrist, Physiotherapist or Occupational Therapist



Ability Matters have a highly skilled team of experienced orthotists that specialise in whole body orthotics, they work together with our experienced podiatrist who has specialist knowledge of foot orthotics and podiatry needs. Our clinicians combine traditional assessment methods and state-of-the-art technology to provide you with premium quality orthotic devices.

Our assessment's accurately study and analyse the body's gait, foot stability and muscle action to ensure you are provided with the most appropriate treatment for your needs.

A full assessment will enable our clinicians' to understand and determine the type of orthotic device required for your body, which will allow you to function to the best of your ability. Our orthotics are manufactured either by hand or through our advanced CAD/CAM machinery.

## Biomechanical Examination - analysis of your kinematics

A biomechanical examination will allow us to carefully evaluate the structure and function of your foot and lower leg during static and dynamic analysis. This will involve a set of measurements from various angular relationships and an examination of joint range of motion. Measurements are usually taken from your hip, leg, knee, ankle and foot.

## The types of common conditions that we treat

Hip pain, Knee pain, Ankle pain, Arch pain, Low back pain, Shin splints, Metatarsalgia, Sporting injuries relating to the foot and Walking abnormalities.

## Problems that can be treated

### Common foot and ankle problems

Diabetes, Bunions, Achilles Tendonitis, Metatarsalgia, Supination, Pronation, Sports injuries, Plantar Fasciitis

### Knee problems

Knee ligament damage, Hyperextension, Post-Operative Stabilisation, Osteoarthritis, Patellar Tendonitis

### Back problems

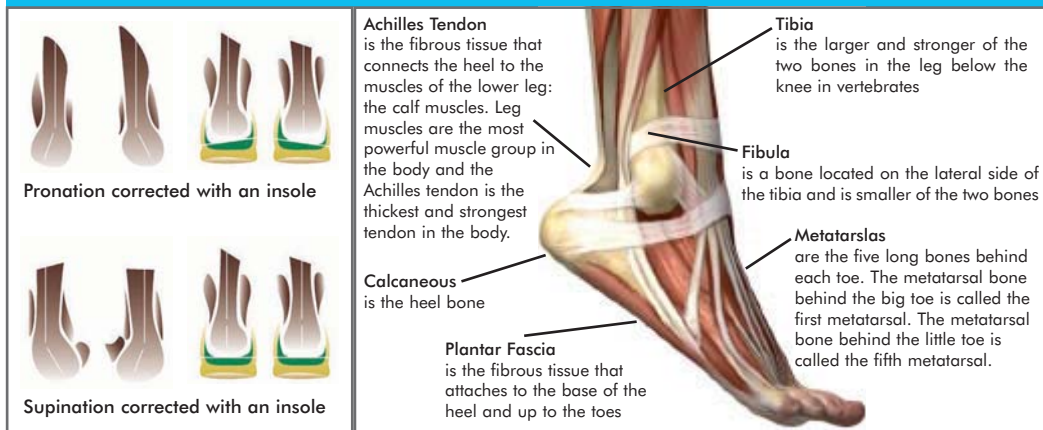
Lower back pain, Spondylosis, Post-operative stabilisations, Spondylosithesis, Spinal Stenosis

### Shoulder problems

Rotator cuff injuries, Shoulder subluxation, Post-op stabilisation



# Foot Orthotic is a device designed to restore your natural foot function



## What is a foot orthotic?

- \* It is a corrective insole specially designed for your feet that will fit into your shoes.
- \* They can correct your posture and control the instability of your foot. They will also provide shock absorbency and cushioning.
- \* Foot orthotics can alleviate foot pain, and help decrease knee and hip pain that is caused through joint instability and poor function of the feet.
- \* They can also control abnormal movements of the feet for the athlete and offer support and comfort to the geriatric patient so they remain ambulant.
- \* Orthotics can also correct and control irregularities or abnormalities of your walking or running pattern.

## Do I need foot orthotics?

If you are suffering from any of the above, foot orthotics may be needed for your feet. Our specialists can carry out a biomechanical examination and gait analysis to determine your exact needs.

## What our treatment may involve

- \* Biomechanical, gait and postural analysis
- \* Foot manipulation or mobilization
- \* Musculoskeletal evaluation with strengthening and stretching exercises if needed
- \* A 3D foot scan of your feet
- \* Prescription foot orthotics
- \* Report and discussion with your clinician

## The types of conditions that are treated with foot orthotics

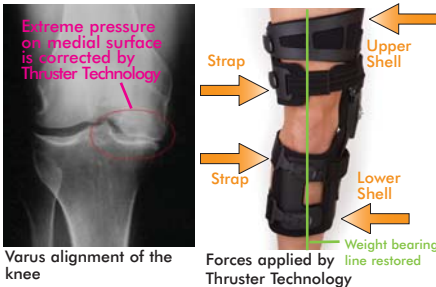
Foot orthotics can be prescribed for a number of different conditions. They can be used to correct skeletal alignment, subsequently correcting posture, prevent diabetic pressure ulcers, decrease the level of deformity in the rheumatoid foot and control abnormal foot pronation. A foot orthotic can correct alignment of the body and a correct posture is essential for sporting activities. By achieving an efficient walking or running pattern through foot orthotics, the athlete will use less energy enabling a successful sporting performance.

# Bledsoe Bracing for the future

## Function - Stabilisation - Dynamic Control



Bledsoe Braces are a leading brand with several unique features not found in other braces on the market like the quick release buckles for easy application and the Thruster Technology. Bledsoe also has available the Z-12 Brace manufactured of the same strong, powerful and extremely lightweight Z-12 Magnesium Alloy as the aerospace and automobile industries use. Ability Matters sales advisers have been trained to fit the braces by a Bledsoe specialist, however the Osteoarthritis braces MUST be fitted by an Orthotist by appointment through Ability Matters.



As well as providing pain relief Thruster off loading technology aids in a return to daily activity and may slow the progression of OA. It is also effective with the following:

- \* LCL Post operative or post injury application
- \* Tibial Plateau fracture
- \* Meniscal repair or transplants
- \* Osteochondral grafting
- \* Failed TKA

Researchers have linked the long term instability of ligament injuries with early OA so more and more people are using Bledsoe as a prevention before injuries occur.

### How Bledsoe Knee Braces really work:

- \* They enhance proprioception
- \* They permit injured legs to relax
- \* They cause less fatigue in an injured leg
- \* They can provide some mechanical protection against impact
- \* If muscle powered they work against pathological movements - ie - ACLD knees
- \* They slow things down giving muscles time to react and control as in most knee ligament injuries they fail by internally generated physiological forces that rise too high too fast to permit muscle reaction and recruitment.

### OA Braces:

- Muscle Powered
- Non-rolling design
- Powerful Pain Relief with highest force on the market
- Quick Release Buckles for easy application

### Functional Braces:

- Dynamic Control of the Tibia, high force in extension and no force in flexion
- Unique strapping system maintains brace position
- Maximum strength

### AXIOM Ankle Brace:

Anatomical design and new hybrid plastic eliminates pressure points

# High Quality 3D Foot Scanning Technology for Foot Orthoses



## Foot Scanning

We use the state-of-the-art foot scanning technology to capture 3D images of the feet placed in a corrective position by the clinician, to provide you with the highest quality foot orthotics. An exact representation of the plantar surface of the foot is captured and saved on file. The precise 3D foot scan means that all our patients receive an accurate orthotic to fit their feet the first time. The 3D captured scan also allows us to evaluate the angular relationship of your feet.

## Computer Aided Design (CAD)

The 3D image will allow us to build and design your orthotic using the latest orthotic computer aided design (CAD) software. This ensures that you have an accurate device for your needs. All our scans and designed orthotics remain on our system for 5 years. This allows us to manufacture an exact replicate of your previous orthotic without any worry. All our orthotics are designed and manufactured by our highly skilled and experienced technicians. Ability Matters use a wide range of premium materials to manufacture the foot orthotics that we provide. We use different types of thermoplastics through to EVA (ethyl vinyl acetate), so which ever condition you may have we have the technology and the raw materials to produce the right orthotics required for your feet.

## Move-Rite™ Range of Insoles

Ability Matters also provide off-the-shelf Move-Rite insoles that have been developed by our specialist Orthotist and they are available to purchase without the need of a foot scan, they are designed for mild instabilities and foot problems. They are sometimes seen as a cheaper and sometimes first line of treatment, as they are designed to offer a degree of correction, shock absorbency and also a degree of stability to the feet.



### Move-Rite™ Pro Insoles

Ideal for treatment and correction of mild to mid pronation and plantar fasciitis.



### Move-Rite™ Rigid Insoles

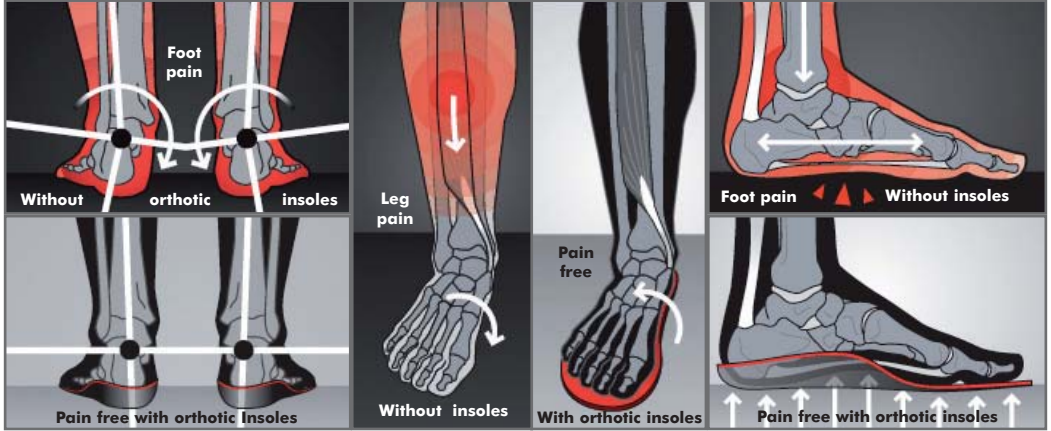
Hard-shell range offer outstanding control and durability.



### Move-Rite™ 3/4 Insoles

Offer support for the arch and yet allow flexible action when walking.

# Sole - Heat mouldable footbeds the best “off the shelf” Orthotic corrective insoles



The Sole orthopaedic insoles are the best corrective foot solution without seeing a specialist. Every SOLE Custom Footbed features our orthopaedic base layer that moulds to your foot without losing its supportive shape.

Sole The Sole Series feature a high-density EVA foam that provides increased support and stability. The orthopaedic heat mouldable EVA layer provides a custom fit, excellent support, and optimal control. The unique heat mouldable technology ensures excellent arch support that is customised for your unique foot. Maximum control for high performance applications.



**Sole Slim Sport**  
**UK Sizes 5 to 13 - £35**  
 Custom support and control for low volume, tight-fitting footwear.



**Sole Regular Softec**  
**UK Sizes 5 to 13 - £35**  
 Custom cushioning and support for medium to tight-fitting footwear.



**Sole Ultra Softec**  
**UK Sizes 5 to 13 - £35**  
 Custom support and extra cushioning for higher volume, loose-fitting footwear with removable factory insoles.

# Sole Performance Socks - Premium socks for high performance applications



**Sole Sandals**  
The Unique orthopaedic shape of sandals, moulds to your one-of-a-kind foot offering unrivaled support and comfort. £47

Your sock provides the first layer of comfort to the in-shoe environment. If it is ill suited to your foot, footwear, and activity, it has a huge impact on your performance and comfort. No longer does increased performance come at the expense of comfort. Sole Premium Performance Socks feature a unique blend of Coolmax, Tactel and Lycra fabrics that provide an ultrasoft-feel. They provide a lasting comfortable fit that stays in place and high performance wicking properties that keep you cool.

Sole Air-Flow Cooling - Black & White, Small, Medium, Large - £12 for 2 pairs

Features a unique blend of materials possessing superior wicking properties and a large instep vent that increases breathability, keeping your feet cool and dry. The TensorFit™ arch band holds the sock in place for the long haul.

Sole Dual Layer Anti Blister - Black & White, Small, Medium, Large - £14 for 2 pairs

This technologically advanced sock features two layers. The inner layer hugs your foot and slides against the outer layer, reducing friction and the chance of blisters. The outer layer features large vent panels for increased breathability, and a TensorFit™ arch band that keeps the sock in place.

Sole Lightweight Sport - Black & White, Small, Medium, Large - £12 for 2 pairs

Features a durable blend of lightweight and breathable fabrics, a TensorFit™ arch band, and instep vents for breathability. The Lightweight Sport is designed for general sports applications.

Sole Maximum cushioning - Black & White, Small, Medium, Large - £12 for 2 pairs

Features an extra thick layer of cushioning from heel to toe, providing an added layer of shock absorption designed for high impact activities. The Maximum Cushioning socks also feature a TensorFit™ arch band for an unparalleled fit that stays in place.

Corrective insoles help provide normal gait from heel impact to toe off, reducing or eliminating back, hip, knee, leg, heel or foot pain

Most feet walk about 70,000 miles in a lifetime - that's about four times around the earth!

For complicated foot problems an appointment with our specialist is recommended

# ingel products - Pure Medical Grade Mineral Oil and Silicone provides the best protection against pressure, friction and shear forces



M-Gel

**From £1.40 / pair**  
S-L-XL Toe Separators

To minimise toe pressure in standard footwear Helps reduce friction and irritation between toes with vitamin-enriched mineral oil gel

Protection, comfort and relief for the entire forefoot, especially the metatarsal heads



S-Gel

**From £3.20**

S R&L - L R&L Metatarsal Pad with Toe Separator

Protection from top of foot to the shin by reducing pressure, shear forces & friction Comfortable elastic sleeve holds moulded, anatomically designed gel shape in place on top of the foot



M-Gel

**From £8.10**

S -L Dorsum Protection Sleeve



M-Gel

**From £2 / pair**  
S-M-L  
Toe Spreaders

For straightening and aligning toes and relieving pressure from bunions

General toe / finger protection, fully lined with vitamin-enriched gel. Helps relieve pain from corns, calluses, nail problems, dry cuticles & abrasions



M-Gel

**£5.46** Narrow 20mm- Wide 25mm Fully Coated Digital Mesh Tube 152mm

Protection for both the top of the foot & Achilles tendon by reducing pressure, shear forces & friction from boots. Protects from abrasions caused by athletic footwear without added bulk



M-Gel

**From £9.91**

Small - Large Archilles / Dorsum Protection Sleeve



M-Gel

**From £2.00 / £4.00 Pair**  
S/M - L/XL - XXL All-Gel  
Toe/Finger Cap

Comfort vent

For relieving pressure & friction on toes and fingers, can be trimmed. Cushioning, protection & relief for corns, calluses, nails and cuticles, hammer toes

For protection of the hallux bunion from friction & pressure



M-Gel

**AM292 - £4.27 each**  
One size All Gel HalluxToe Bunion Guard

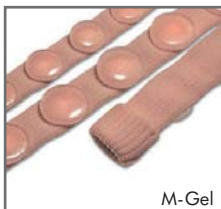
Gel heel sleeve provides deep hydration to dry, chafed, cracked or damaged skin. Soft stretch fabric easily rolls on to cover the heel and hold anatomically designed gel pad securely in place



Gel

M-Gel

**AM386 - £13.97 each**  
One Size Moisturizing Vented Heel Sleeve



M-Gel

**AM381 - £7.79**  
XS-S/M-L/XL  
M-Gel Digital Pad  
609mm strip

Protection for toes / fingers from pressure, shock & shear Helps relieve pain from corns, calluses, nail problems, dry or damaged cuticles

For protection of the 5th Digit bunions from friction & pressure



M-Gel

**AM293 - £4.27 each**  
One size All Gel 5th Digit Toe Bunion Guard

Moisturises & softens the entire plantar surface of the foot as well as heels and toes. The proprietary gel lining releases a combination of skin nourishing hydrators, which help soften and improve the foot's appearance. Washable & reusable



One Size

M-Gel

**AM388 - £18.67 / pair**  
Terry Moisturising Booties Blue  
**AM388 - £18.67 pair**  
Terry Moisturising Booties Green



S-Gel

Spur relief in shallow fitting dress footwear Thin flexible silicone heel wraps around the inside of the shoe to cradle the heel

**£9.91 / pair**  
S-M-L Flexible Dress Heel Pad - Spur-Relief Design



Adjustable with spur plug for shock absorption, or removed for spur relief Medium-density silicone efficiently absorbs impact & recovers quickly Improved smaller spur pad fits correctly under the heel aperture

**£9.81 / pair**  
S-M-L Heel Traditional Design w/Removable Spur & Anti Microbial Top Cover



Dual durometer for maximum comfort while standing, walking or running Medium durometer silicone in main body efficiently absorbs impact & recovers quickly Softer silicone blue zone under heel centre maximises shock absorption & comfort at point of impact

**£19.94 / pair**  
S-M-L Medium Recovery Heel Cup Soft Center Spot w/Anti-Microbial Top Cover



S-Gel

Dual durometer construction for extra protection of rear & mid-foot tissues without crowding the shoe. Designed for flat shoes and trainers, featuring thicker gel pads for max cushioning during use. High medial & lateral walls cradle soft rear-foot tissues

**£19.95 / pair**  
S-M-L 3/4 Length Dual Durometer Deep Insole w/Anti-Microbial Top Cover



S-Gel

Corrective product for relieving heel pain & improving stability while redistributing pressure away from common stress points Wide, comfortable metatarsal rise. Can be trimmed to desired size. Washable & reusable

**£17.27 / pair**  
S-M-L-XL Replacement Insole w/Soft Heel, Met Zones & Anti-Microbial Top Cover



One Size

Gel Gloves provide deep hydration to the hand & cuticle. The proprietary gel lining releases a combination of skin nourishing hydrators, which help soften & improve the hands appearance Washable & reusable

**AM390- £19.85 / pair** Terry Moisturising Gloves Green  
**AM389- £19.85 / pair** Terry Moisturising Gloves Blue

A little discomfort can develop into larger complications in a short period of time. The following are descriptions of a few of the common foot problems that need either specialist products like the **ingel**, specialist footwear, orthotic insoles and/or treatment by a specialist

**Bunions** are a common foot complaint, a prominent protrusion on the inside of the foot at the big toe joint. It is a bony joint that begins to protrude towards the inside of the foot which can contribute to overlapping toes

**Callus**, is formed when dead cells accumulate and harden and thicken over an area of the foot. It is the body responding to excess pressure and friction

**Heel spur** is an abnormal bony protrusion on the sole of the heel

**Achilles Tendonitis** is an inflammation and/or degeneration of the achilles tendon. The achilles tendon is the large tendon at the back of the ankle that inserts into the heel

# Cosyfeet

## Extra Roomy Footwear with flexible polyurethane soles

### WOMENS SHOES - Heidi, £66.65 incl vat (56.72 excl. vat)

Whether it's a jaunt round the shops or a stroll in the park, these stylish seam-free casuals are the ideal companion when you're out and about. Available in soft, smooth leather and luxurious nubuck, their winning combination of good looks and seam-free comfort will keep you looking great and feeling fabulous!



Black Leather



Neutral Leather



Spice Red Leather



Stone Leather



Mole Nubuck



Tan Nubuck

Lace fastening offers ample adjustment over the instep

Ideal if you need support around the ankle

Padded collar for extra comfort

Deep enough to support shaped insoles or orthotics

No seams on side panels so comfortable if you have bunions or joint problems

No seams in toe area so great for sensitive or problem toes

Flexible, shock-absorbing soles

#### Suitable for conditions:

Arthritis  
Aching legs and feet  
Bunions  
Sore feet  
Stroke  
Sizes 3 to 9  
Half sizes available

### WOMENS SANDALS - Connie £55.65 incl vat (47.36 excl. vat)

Use them indoors and outdoors all year round, we have a wide fitting women's sandal for every occasion. Choose from traditional leather, nubuck or soft fabric sandals for sensitive feet. Exceptionally lightweight, adjustable and accommodating. The punched leather uppers look very pretty and help keep feet cool and comfortable.



Black Leather



Bronze Leather



Cream Leather



Mushroom Leather



Navy Leather



Black Patent Leather



Tan Leather



White Leather



Cherry Red Leather

#### Suitable for conditions:

Arthritis  
Bunions  
Corns  
Diabetes  
Hammer toes  
Stroke  
Sweaty feet  
Swollen feet  
Very Swollen feet

Sizes 3 to 9

Half sizes available

Very lightweight and cool

Flexible fit for minor to very swollen feet

Touch fastening straps give adjustment at the toe area and over the instep

Extension pieces are available for especially swollen feet

# Cosyfeet

## Extra Roomy Footwear with super light soles

### WOMENS SLIPPERS - Olivia, £27.65 incl vat (£23.53 excl. vat)

Slip-on styling. Adjustable slip-ons - what a great idea! Simply pre-adjust the Velcro® bar to fit your foot and then slip them on. Olivia has recently been updated to make it completely seam-free, Perfect.



Jade Floral Trilobal

Navy Trilobal

Wine Floral Trilobal

Slip on and off without fuss

Open wide to fit even very swollen feet

Adjustable Velcro® strap

Wear them indoors and out

Seam-free softness for sensitive feet and toes

Extension pieces are available for especially swollen feet

Machine washable

#### Suitable for conditions:

Bunions  
Leg ulcers  
Sore feet  
Swollen feet  
Very swollen feet

#### Sizes 3 to 9

Half sizes available

### WOMENS SLIPPERS - Jenny, £29.65 incl vat (£25.23 excl. vat)

These slippers are perfect for sensitive feet that don't like the heat. They have a soft seam-free toe area and are made from a cooling cotton-mix fabric that helps keep feet feeling fresh and comfortable.



Cream - cotton mix

Pale blue - cotton mix

Seam-free toe area

Soft cotton-mix to keep feet cool

Secure and adjustable Velcro® fastening

Wear them indoors and out

Machine washable

#### Suitable for conditions:

Athletes foot  
Arthritis  
Corns  
Diabetes  
Sore feet  
Stroke  
Sweaty feet  
Swollen feet

#### Sizes 3 to 9

No half sizes available

Come to our shop to try a selection of Cosyfeet products or discuss other products manufactured by Cosyfeet that can be ordered specially.

If you are cronicly sick or disabled you can claim VAT RELIEF on **Cosyfeet** Extra roomy Footwear and selected other products (shown with "Without VAT" prices)

# Cosyfeet

## Extra Roomy Footwear with flexible polyurethane soles

### MENS SHOES - Oliver, £72.65 incl vat (£61.83 excl. vat)

A comfortable cover-up. Oliver really is a master of disguise. The wide leather tongue has been cleverly designed to flatter a swollen instep and opens nearly to the toe to allow extremely easy access.



#### Black Leather

Smart contemporary styling

Very soft leather

Flexible, hard wearing sole

Two removable insoles for comfort and fitting flexibility

New sole unit design allows foot to sit below the sole line giving extra depth but maintaining a streamlined appearance

Extension pieces are available for very swollen feet

#### Brown Leather

#### Suitable for conditions:

- Aching legs and feet
- Arthritis
- Bunions
- Diabetes
- Stroke
- Swollen feet
- Very swollen feet

#### Sizes 6 to 13

- Half sizes available
- Removable insoles

### MENS SHOES - Jack £68.65 incl vat (£58.43 excl. vat)

Smart, seam-free comfort. Smart styling with blissful, roomy comfort make for a winning combination. Smooth leather uppers combined with soft fabric linings ensure you'll look good and feel great.



#### Black Leather

Smart styling

No seams at the front

Deep toe area to accommodate problem toes

Removable insoles make them ideal for orthotics

#### Bronze Leather

#### Cream Leather

#### Mushroom Leather

#### Suitable for conditions:

- Arthritis
- Bunions
- Diabetes
- Hammer toes
- Stroke

#### Sizes 5 to 13

- Half sizes available

### MENS SHOES - Russ £66.65 incl vat (£56.72 excl. vat)

It can be difficult to keep your feet comfortable without constantly adjusting your footwear. Elastane offers a practical solution as its gentle two way stretch effortlessly mirrors changes to the shape of your feet.



#### Black Elastane with Leather trim

Seam-free shoes that give the comfort of slippers

Suitable for misshapen feet including bunions and hammer toes

Elastane fabric means a good fit - even for very swollen or bandaged feet

Very lightweight

Adjustable Velcro® fastening

#### Brown Elastane with Leather trim

#### Suitable for conditions:

- Arthritis
- Bunions
- Corns
- Diabetes
- Leg Ulcers
- Sore Feet
- Stroke
- Swollen feet

#### Sizes 5 to 13

- Half sizes available

# Cosyfeet

## Extra Roomy Footwear with super light soles

### MENS SANDALS - Finlay £71.65 incl vat (£60.98 excl. vat)

A sandal for all seasons. Look smart and keep cool with our stylish 'shanda'. Part shoe and part sandal, Finlay offers the best of both worlds in one great extra roomy package.



Black Leather

Brown Leather

Stone Leather

Cooler than a shoe but with protection for your toes  
Removable insoles make them ideal for orthotics  
Soft-lined leather uppers  
Padded collar for comfort round the back of the foot  
Sole unit is designed to allow the foot to sit below the sole line giving extra depth but maintaining a streamlined appearance  
Extension pieces are available for very swollen feet

**Sizes 6 to 13**

Half sizes available

### MENS SLIPPERS - Richard Trilobal, £32.65 incl vat (£27.79 excl. vat)

Richard does the job of an extra roomy slipper perfectly. Wide and deep with easy entry, it's accommodating and adjustable.



Brown Trilobal

Navy Trilobal

Seam-free toe area  
Fabric gives to accommodate swollen feet, bunions or hammer toes  
Secure Velcro® fastening for flexible fit  
Wear them indoors and out  
Machine washable  
Richard in Brown can be bought in half pairs and mixed sizes

#### **Suitable for conditions:**

Arthritis  
Bunions  
Diabetes  
Leg Ulcers  
Sore feet  
Stroke  
Swollen feet

**Sizes 3 to 9**

Half sizes and mixed pairs available

Come to our shop to try a selection of Cosyfeet products or discuss other products manufactured by Cosyfeet that can be ordered specially.

If you are cronicly sick or disabled you can claim VAT RELIEF on **Cosyfeet** Extra roomy Footwear and selected other products (shown with "Without VAT" prices)

# Treat Yourself To Tailored Comfort



Tailored Electric Bed with multi-health benefits



Tailored Chair gives you the support and comfort needed to truly rest your body.

**ability matters** is a part of the Ability Technology Group, the successful Oxfordshire based company with 20 years of experience of working with the **NHS** in equipment services. **ability matters** provides new concepts in the provision of aids and equipment for people with a disability, mobility and foot problems, and products for sports men, women and children.

We are situated at 332 Abingdon Road in Oxford, less than 2 miles from the city centre (Next to Fat Phil's Angling Centre). Plenty of car parking spaces are available for our customers. We have chosen the best suppliers and products. Our highly trained staff will be able to assist you in the selection of the correct products utilising the professional support from the Ability Technology Group when suitable.



We also offer a wide range of Mobility and Daily Living Aids, details of these can be found in our separate Booklet. For further information don't hesitate to contact us. All prices include VAT. All specifications and prices are correct at time of printing and are subject to change without prior notice.