



Assembly Instruction

Movement reinvented





bow[®] – customized for the perfect fit

Next-level of foot orthotic treatment.

In this assembly instruction, we would like to provide a few hints that are helpful for further processing of bow orthotics.

If you comply with the instructions, the entire functional range of bow will be guaranteed. You can thus elicit the best possible treatment results.

bow[®] components*

bow[®] by medi



Size	Length
36	233 mm
37	241 mm
38	248 mm
39	254 mm
40	262 mm
41	268 mm
42	275 mm

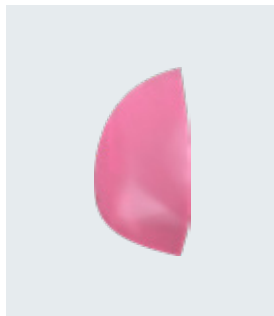
Size	Length
43	280 mm
44	287 mm
45	294 mm
46	301 mm
47	308 mm
48	316 mm

bow by medi foot orthotic blank

bow[®] supports – for extra support



bow support heel



bow support midfoot



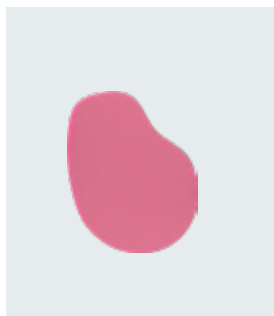
bow support toe

Sizes	Shore A
1 (36 – 38)	50°
2 (39 – 41)	50°
3 (42 – 45)	50°
4 (46 – 48)	50°

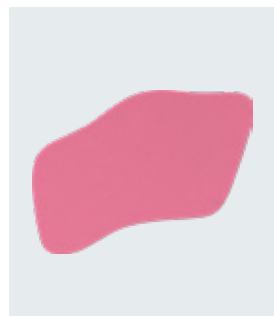
bow[®] pads – for padding



bow pad complete



bow pad heel



bow pad forefoot

Sizes	Shore A
1 (36 – 38)	15°
2 (39 – 41)	15°
3 (42 – 45)	15°
4 (46 – 48)	15°

bow[®] covers – for extra comfort



bow cover hydrofresh petrol



bow cover hexagon grey

Sizes
1 (36 – 41)
2 (42 – 48)

*All sizes are stated in the French Size System.

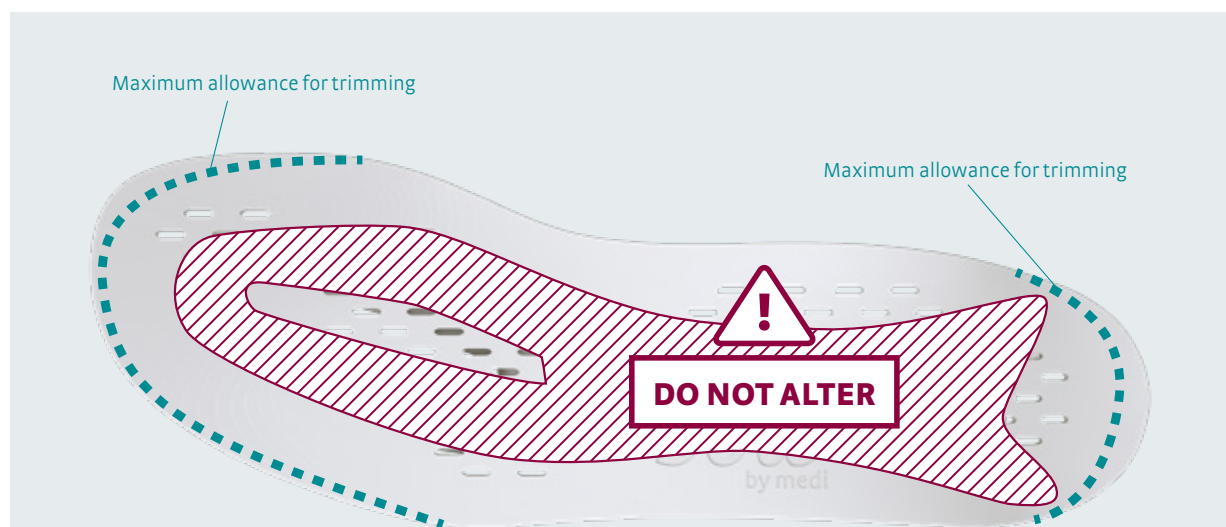
Sanding

Tips for processing the blank

The outline of bow can be trimmed by sanding off the polyamide material. The length of bow should be one to two millimetres shorter than the original inlay that comes with the footwear.

- The outline can only be adjusted slightly.
- No changes must be made to the connecting piece (“tendon”).
- We recommend using an 80 grit sanding belt.

Recommendations: see dotted lines



We strongly recommend that the underside of the bow orthotics (plantar connection element between heel and forefoot area – the “tendon”) is not processed at all. It should neither be sanded, nor should it have supplementary material attached to it. Any change to this area may result in the orthotic’s breaking, as forces and torques, that this element was designed to withstand, occur during any pattern of motion.



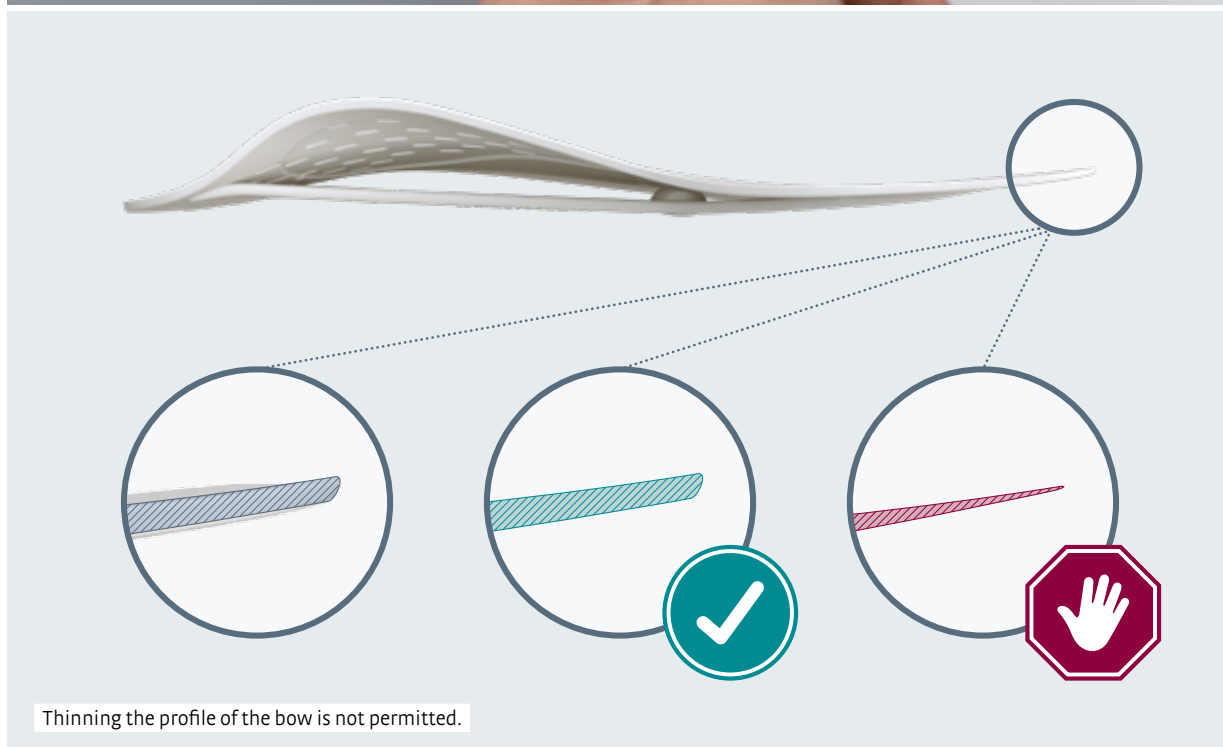
The general thickness of bow may not be impaired. With the strength of its tendon, the bow constitutes a functional unit. Removing material would weaken this significantly and could lead to breakage.

This means that grinding indentations, e.g. for heel or forefoot pads, or tapering of the forefoot area, are NOT permitted.

To deburr the edges, we recommend that a polishing wheel is used.



Avoid removing material.



Thinning the profile of the bow is not permitted.

Attachments

Tips for processing the blank

The upper side of bow can be altered optionally with various components, known in foot orthotic treatment.

medi recommends that only bow specific components are used for customizations. These components have been designed in accordance with the form and function of the bow. Using **bow support**, **bow pad** and **bow cover** components will not impair the functionality of this foot orthotic concept. In addition, you do not need to apply any liquid glue: the bow components are equipped with an adhesive film that meets the requirements of the bow's blank material.

With help of templates, you can determine the position of the bow support parts, as intended for common foot proportions. Please use a 1:1 image of the plantar foot, e.g. a 2D foot scan, to mark the positioning on the bow components correctly and individually for each foot. By doing so, precise positioning of the elements is guaranteed.

medi tip

For sizes 36 to 48, transparent templates that show the basic outlines of the bow and the bow support parts in the relevant size are available for you.



bow® supports

The best bonding is elicited when:

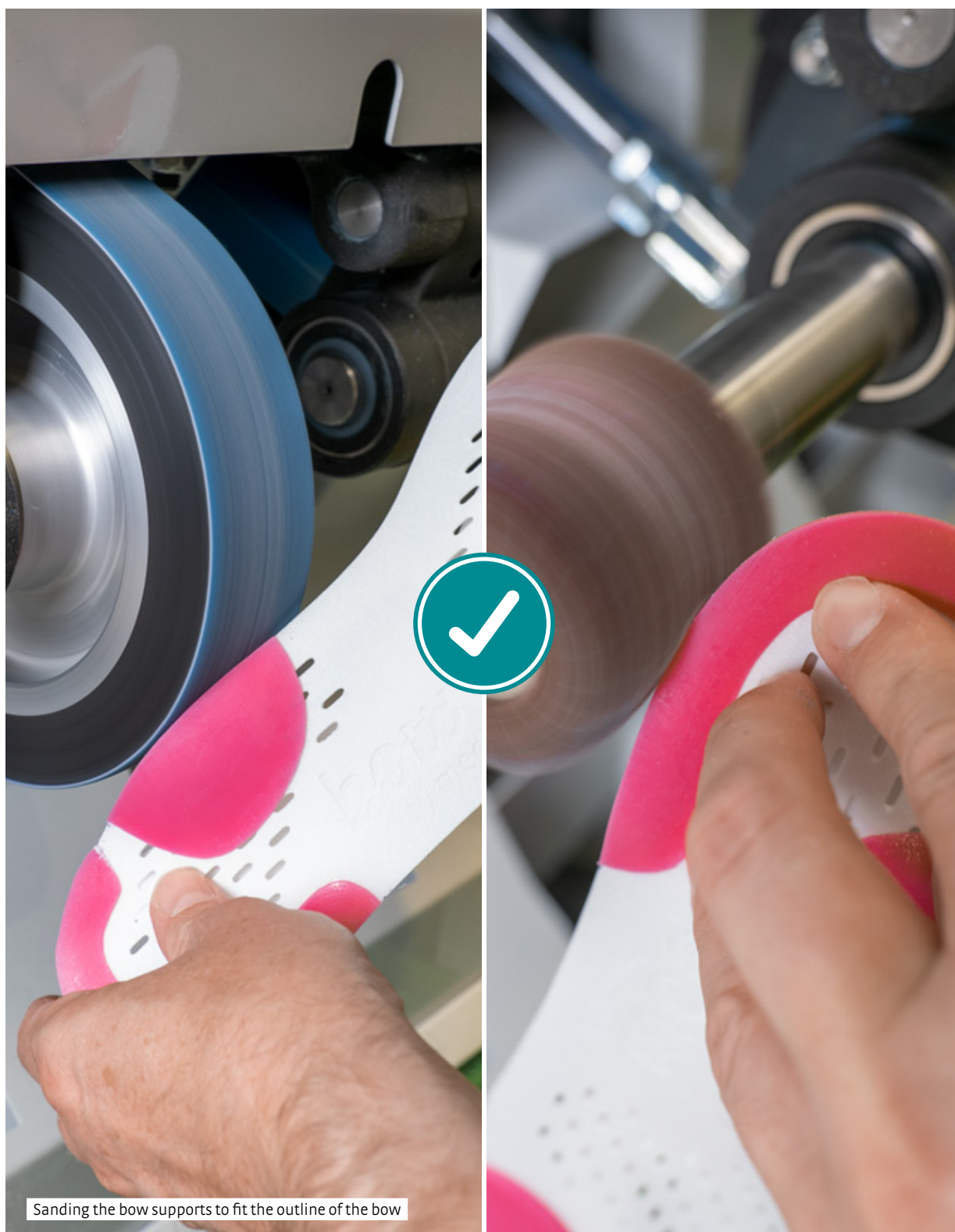
- The bow is free of grease and dust,
- You roughen the surface of the bow support elements slightly before applying them,
- You remove the protective film carefully and do not touch the adhesive side,
- You hold the support components in the desired position when affixing them, applying pressure manually for a few seconds.



The overhanging material of the bow supports can be cut to size using scissors; after cutting, you can sand the parts in order to adapt their thickness and shape. This can be performed using various grinding tools or a polishing wheel.

The adhesive film takes full effect after approx. 24 hours. Therefore, we recommend that the adhesive not be put under too much stress directly following application.

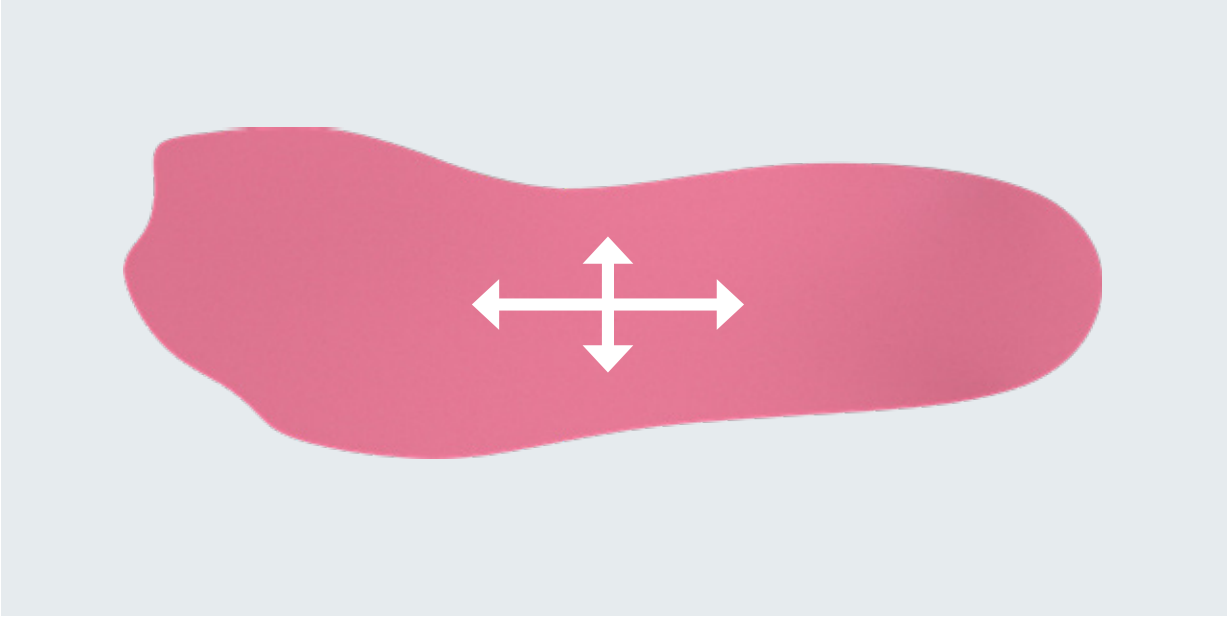
When using bow pads and bow supports, these should be protected with a bow cover.



Sanding the bow supports to fit the outline of the bow

bow® pads

The bow pads can also be processed easily. The flexible adhesive film can easily be stretched to size.



Example showing how the bow pad complete can be stretched to size

Examples: Tailoring using bow supports and bow pads



Positioning bow support toe



Implementation of bow pad heel, bow pad forefoot and bow pad complete



Implementation of bow supports and bow pads

medi tip

If the bow support toe element is used, the full sole pad, bow pad complete, should not be used, as otherwise the volume of the shoe's toe box will be reduced. In this instance, we recommend using the bow pad heel and bow pad forefoot (see image section) at maximum.

bow® covers

Two different bow covers are available.

- The hexagon grey cover is very thin and can easily be applied to any topography; it hugs every contour perfectly. When grinding the bow's covered outline, work must be carried out slowly with a clean sanding belt in order to minimize fraying.
- The petrol HydroFresh cover is slightly thicker and can absorb and release up to eight times its own weight in moisture. It responds well to sanding.
- We recommend using an 80 grit sanding belt for both cover options.



Sanding the bow cover



Different designs of the bow cover

Shelf life

- The bow is only suitable for people who weigh up to 120 kilograms.
- The full functional scope of the bow is maintained for a service life of at least 1,000 kilometres. Function may weaken after this distance has been achieved.
- After very heavy use within a short period of time, for example if the wearer takes part in a marathon, we recommend that the bow orthotics be left to rest for 24 hours so that the viscoelastic material can recover.

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