

my generation



by **schein**



3

Orthotic • Support • Anti-varus
Shoes



Shoe collection

Orthotic • Support • Anti-varus
Shoes



www.mygeneration-schein.de



Foreword



A great feeling, and not just for the foot

For four generations, our company has stood for a conscious and sensitive approach to orthopaedic (shoe) technology, people and mobility. Our more than 30 years of experience in the production of therapeutic shoes and the knowledge passed down from generation to generation guarantee high quality and the best workmanship when it comes to our shoes.

The philosophy underlying every single therapeutic shoe we design is to take the principles and findings of medical science as our benchmark for ensuring that we provide the best possible care for your feet. We are continuously working on the further development of our products and are in constant dialogue with our customers and doctors.

We incorporate fashionable elements, based on the latest trends and colours, into our shoes. This enables us to produce orthopaedic shoes that meet our aim of resembling normal shoes in appearance. More than 3,000 partners across the world carry our my generation products, guaranteeing you international availability.

My generation stands for high-quality and environmentally friendly manufacture combined with a love of detail, a high proportion of craftsmanship and the use of high-quality materials. In this way, we make our contribution towards ensuring the best possible foot care for you. And this is something you can rely on.

A handwritten signature in blue ink, appearing to read 'A. Schein', is positioned above the printed name.

Arnd Schein
Schein Orthopädie Service KG

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Sizing

The shoe must fit

Our feet have to bear our weight all through our lives. This means our shoes do a lot of important jobs. They have to support us without us noticing them. They must be durable and comfortable. And they must not have a negative impact on growth.

The foot of a small child up to the age of four generally grows at a rate of up to two centimetres a year, which is up to three shoe sizes. From the age of four onwards, annual growth can be up to two shoe sizes. Because of this, shoes should never be bought too small. They also mustn't be too big, because overlarge shoes can harm the foot as much as ones that are too small.

Our therapeutic shoes ensure the right fit

A good heel fit plus versatile adjustment options across the instep ensure a well-fitting shoe. Our shoes offer ample space for the toes in the forefoot region.

Working out the right size

For children and teenagers, the shoe size is made up as follows:

$$\text{Foot length} + \text{push room} + \text{room to grow} = \text{shoe size}$$

Allowance (add-on)

We have designed a special foot gauge for our shoes, which takes into account the necessary allowance. On the back of the foot gauge is a table showing the widths of our orthotic and support shoe range.



Item no.: 032640-002



Orthotic shoes

Space for therapy

Many people find wearing a leg orthosis too restricting for their freedom of movement. To combat this, our orthotic shoes are designed to ensure an optimum fit for the foot, orthosis and therapeutic shoe. The sturdy heel cap combined with the flexible raised collar guarantee a good hold and a secure stance.

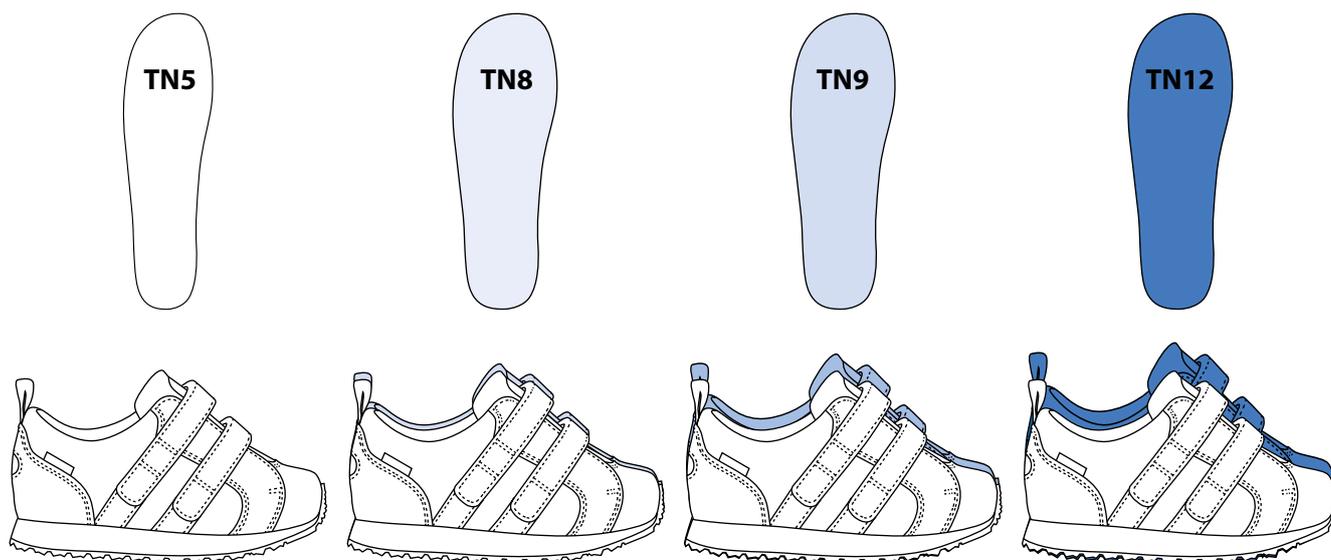
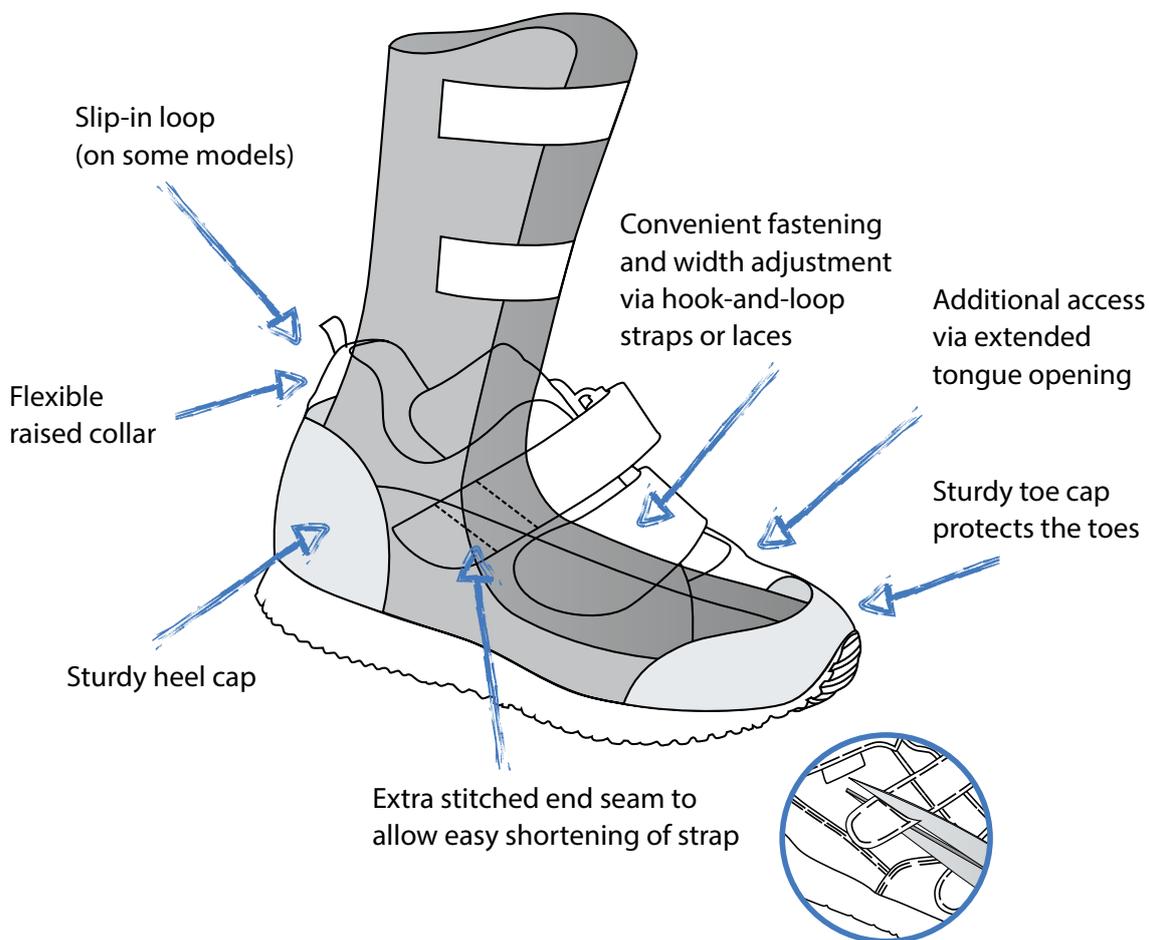
However, an ideal fit is not the only thing that matters for our shoes. For ease of everyday use, it is also vitally important that our orthotic shoes are easy to put on and take off. Therefore many

of our models feature a slip-in loop which makes it easier to do just that. But that is not all: the special 'Derby' construction allows the whole shoe to be opened up very wide.

If further adjustments are needed for orthotic purposes, our orthopaedic shoe technicians can make these on an individual basis. Specific orthopaedic adaptations and fittings can be added to all our orthotic shoes, ensuring that every foot receives optimum care.



Great all-round
foot care



Available in the widths TN5, TN8, TN9 and TN12. Where each foot requires different care, shoes of differing widths and sizes can be combined.

Illustration: diagrammatic depiction of insole shape and internal volume of the last.

Support shoes

The right footwear provides valuable support

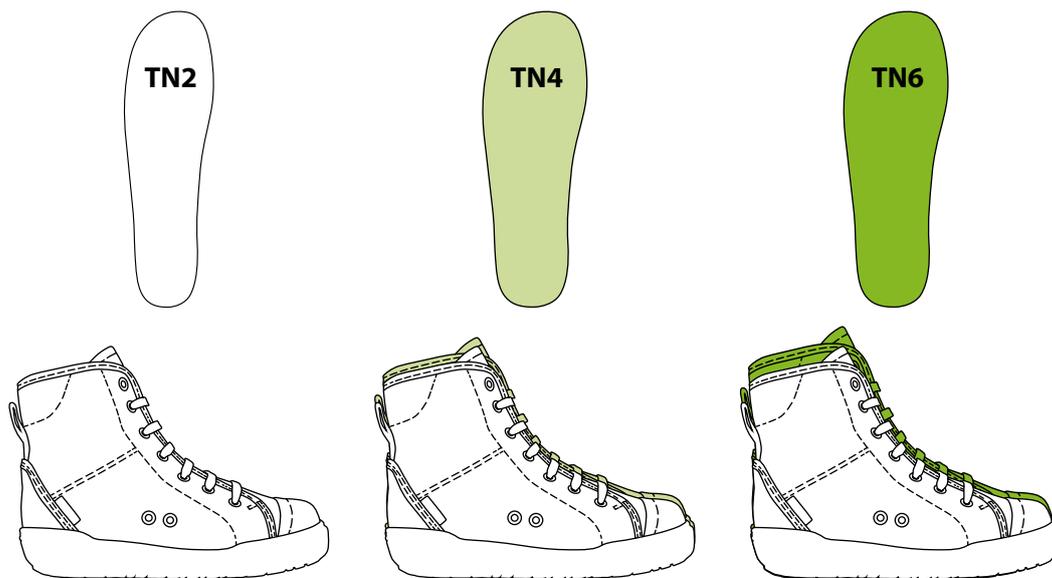
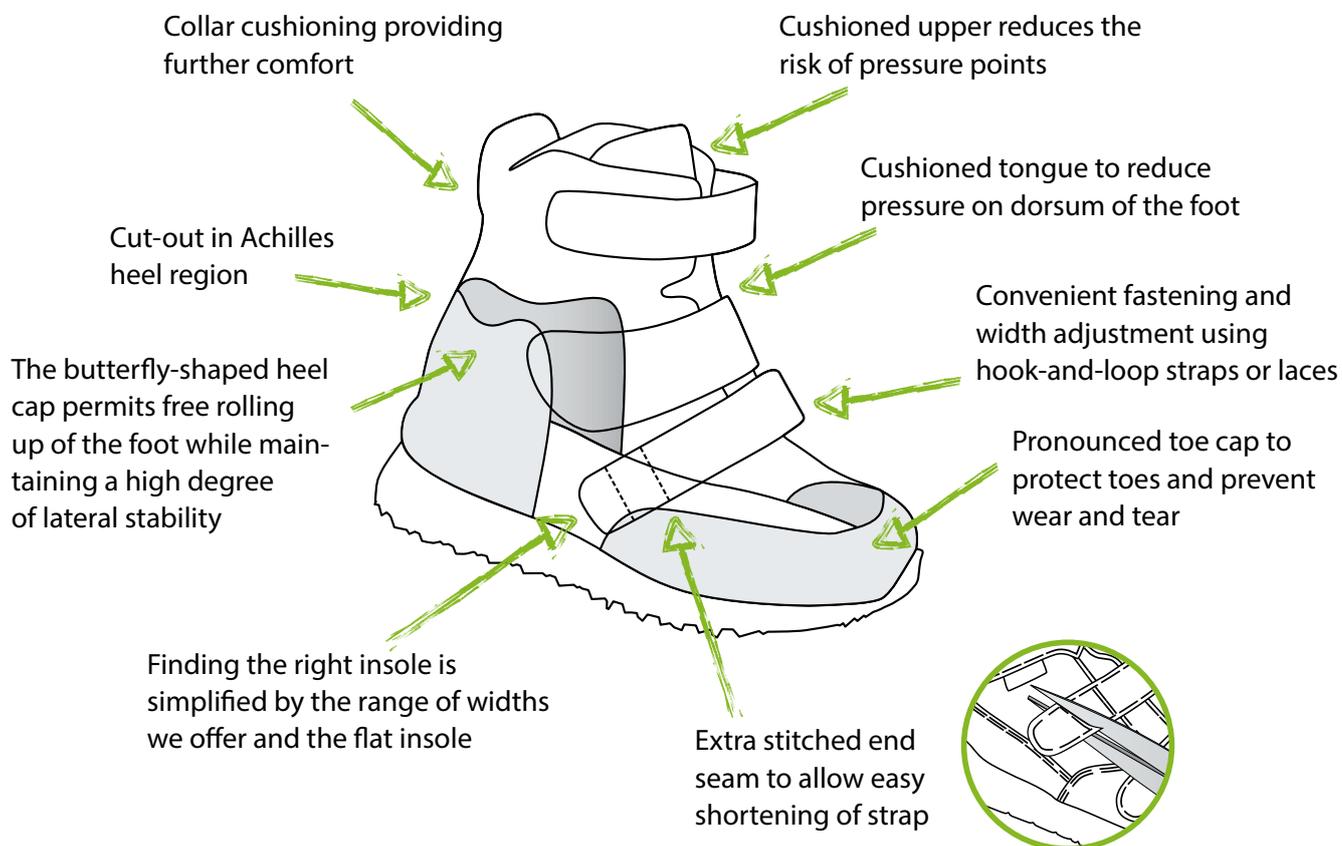
Our support shoes are suitable for a wide range of uses. They can relieve the strain on the foot and ankle joints as well as provide them with support and guidance.

They are proven for the following indications:

- Support for painful foot joints in cases of rheumatoid arthritis or arthritis for any other cause
- Support for joints with weak ligaments after injuries to ankle joint ligaments or in cases of congenital fibular aplasia
- Guidance for joints which are neurologically impaired due to cerebral palsy, spina bifida or poliomyelitis
- Support for slight to moderate foot deformities



Wide range of fittings
for various different indications



Available in the widths TN2, TN4 and TN6. Where each foot requires different care, shoes of differing widths and sizes can be combined.

Illustration: diagrammatic depiction of insole shape and internal volume of the last.

Multi-support shoes

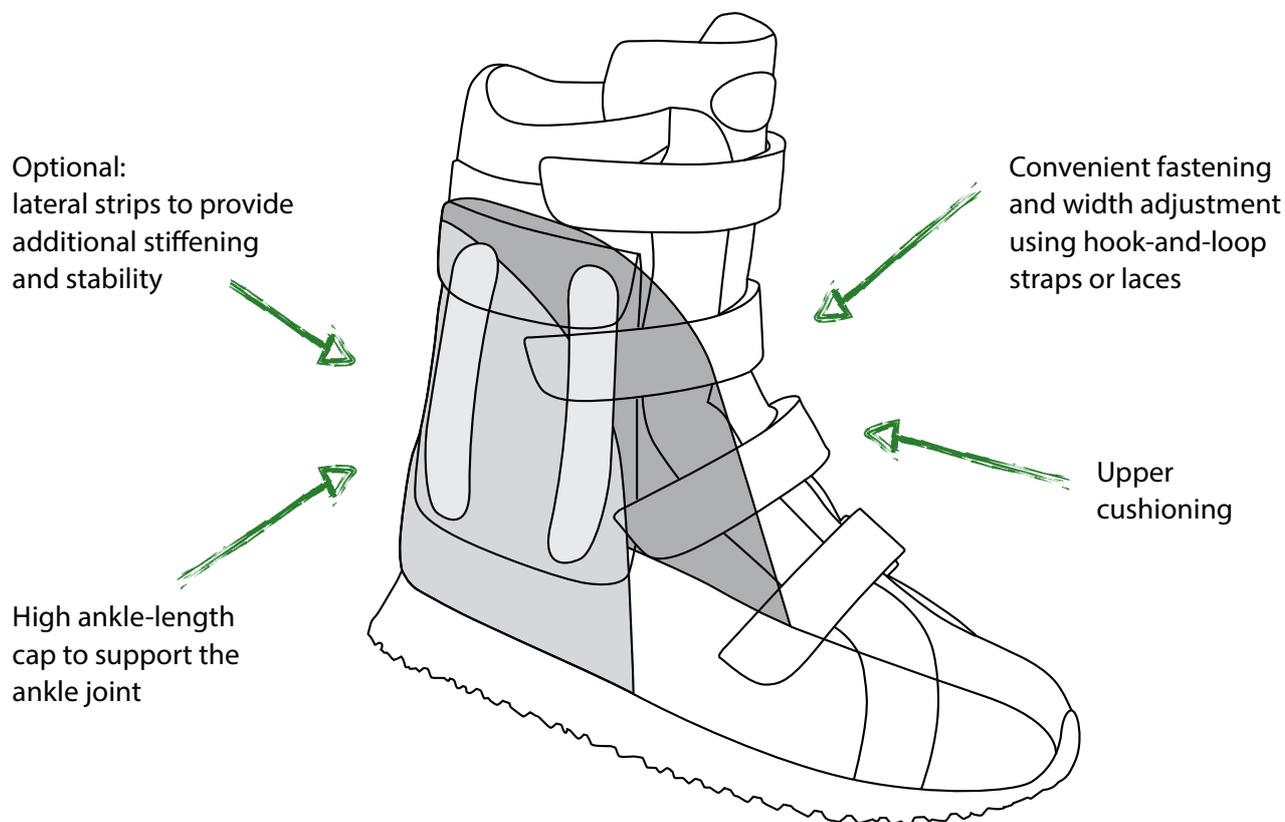
Raised upper – plus a sturdy arthrodesis cap

The multi-support shoe has an even more raised upper than our support shoe, plus a sturdy arthrodesis cap. This area can be further reinforced through the use of mouldable thermo-plastic support strips on the inside and outside. These stiffening strips are available in two strengths: strong (white) and medium (skin-coloured). The shoe comes with four white strips. These provide even more lateral and rotational stability in the ankle joint area without hampering the natural rolling of the foot. The integrated rocker bar makes walking easier.

As with our other therapeutic shoes, individual shoe adjustments can be made with these models too. The applications for the multi-support shoe include the ongoing treatment of ankle joint capsular ligament injuries which originally received conservative or surgical treatment, as well as capsular ligament insufficiency and Achilles tendon injuries. It is also suitable for immobilising the tarsal and mid-foot regions and for the ongoing treatment of fractures and arthrodesis.



More stability
without impairment



Where each foot requires different care,
shoes of differing sizes can be combined.

Anti-varus shoes

Reliable foot care right from the start

Childhood pigeon toe is a deformation which is frequently congenital and responds well to conservative treatment. Pigeon toe treatment should begin as early as possible in order to prevent long-term harm, so suitable countermeasures are taken from infancy onwards.

Depending on the severity of the misalignment, corrective treatment may be taken in the form of physiotherapy or the use of plaster casts or night splints.

If the misalignment persists until the child starts walking, corrective anti-varus shoes combined with insoles may be used.

The indication for anti-varus shoes is the treatment of walking-age children with forefoot adduction such as pigeon toe, serpentine foot or previously treated club foot.

Expectations for therapy, comfort and normal shoe appearance are met.

Successfully
guiding growth

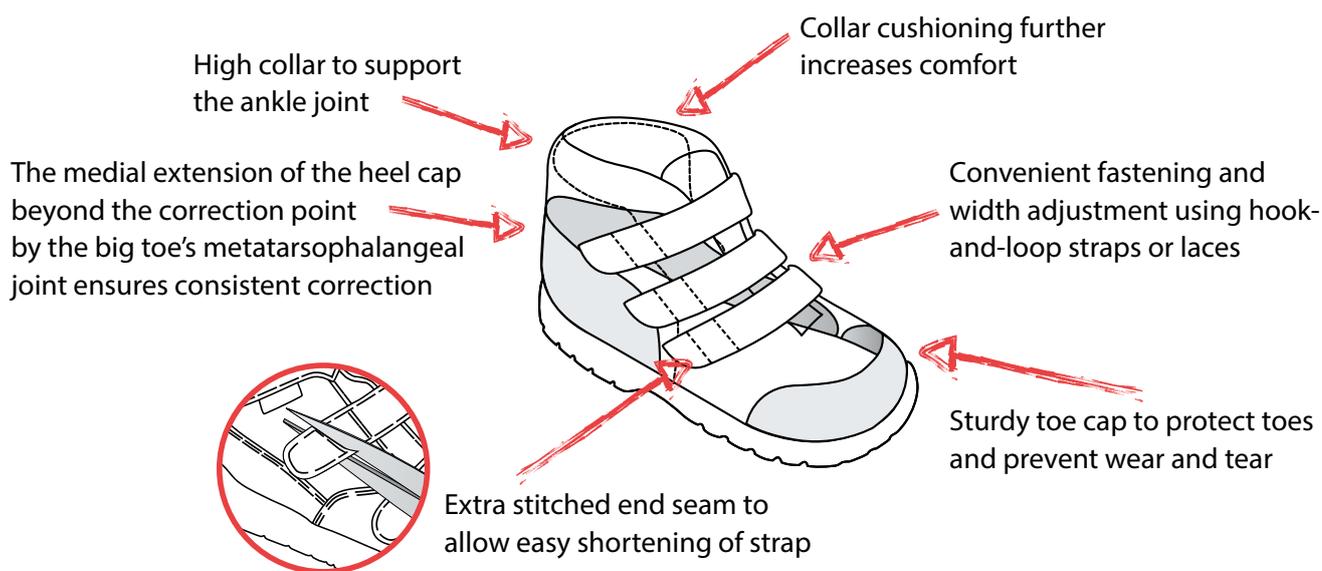
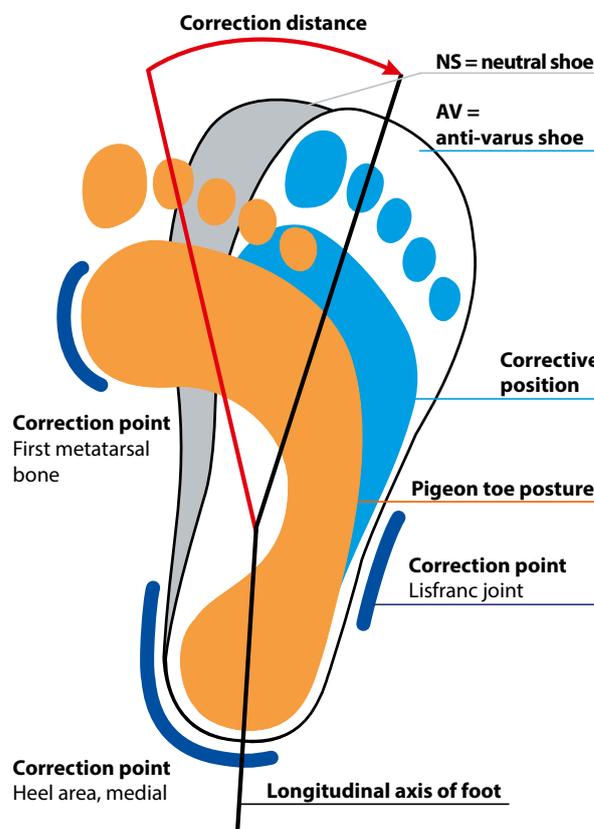


The effectiveness of our anti-varus shoes is founded on our proven three-point correction system:

The first two correction points, on the inside of the heel and at the level of the Lisfranc joint, support the rear foot, thus protecting against torsion in the ankle joint during the necessary forefoot correction process.

The third correction point is on the inside of the big toe's metatarsophalangeal joint. This promotes correction of the forefoot and prevents the foot from reverting to the deformed position.

To bring about these corrective measures, the anti-varus shoe features a heel cap which extends along the inner side of the shoe. The corrective properties of our anti-varus shoes support successful conservative treatment of pigeon toe. Correction comes into effect where there is outward axial deviation of at least 8°.



Where each foot requires different care, shoes of differing widths and sizes can be combined.

Insole care

Insoles are often vital when using therapeutic shoes.

Our NovaPED insole blanks are available in various designs and material combinations. Here we present a small selection from our insoles range for use with a variety of different indications.

To correct pigeon toe or previously treated club foot, a formed thermoplastic shell-shaped insole with prolonged medial part can be used.

The S90 shell-shaped insoles, with its tried-and-tested foil technique, has a supportive, strain-relieving and corrective effect.

For instance, the insoles may be used for activating muscle tension in the case of slack pes valgus or to reduce the muscle tension treating a pes cavus or to improve the gait pattern in infantile cerebral palsy patients.

NovaPED also offers suitable assistance in influencing muscular tension. For example, the insoles are used to stimulate muscular tension in limp, skewed and sunken feet, to reduce muscular tension in cases of high arches or to improve the gait in patients suffering from infantile cerebral palsy.

Item no.	Design
440930-516	Shell-shaped insole, big toe loop, Supralen, Multiform cover, red
952480-712	Shell-shaped insole, Supinara, short sole, foil technique, Multiform cover, pink
470640-000	Shell-shaped insole, Peddy, short sole, Multiform cover, yellow
98 0649-000	Shell-shaped insole, long sole, foil technique, Multiform cover, orange
98 0260-000	Shell-shaped insole, long sole, heel plateau, foil technique, Multiform, orange
982260-207	Shell-shaped insole, posterisation, long sole, S90 foil technique, Multicoloured soft cushioned cover
952130-000	Shell-shaped insole, long sole, foil technique, microfibre soft cushioned cover, Multiform, blue
770340-000	Milled proprioceptive insole, long sole, made of ARUcut 25, with support sole





Item no.: 44 0930-516



Item no.: 98 0649-000



Item no.: 95 2480-712



Item no.: 98 0260-000



Item no.: 47 0640-000



Item no.: 98 2260-207



Item no.: 95 2130-000



Item no.: 77 0340-000

Quality management

Sustainable, eco-friendly production



For many years, our company has been committed to sustainable, environmentally friendly production. This applies to sourcing the leather as much as its further processing: for a safer, cleaner environment.

TÜV-certified

As a conscientious family business, it is a matter of course that we manufacture according to exemplary quality standards. The process includes independent, external quality audits to which we voluntarily subject ourselves every year. Since 1997 the quality management certificate issued by the 'TÜV Rheinland' has attested to the efficiency of our enterprise. The certificate confirms that our working processes are systematised, thereby guaranteeing the fabrication of high-quality products.

Materials

Leather is part of nature

We work exclusively with manufacturers who meet our high expectations regarding high-quality workmanship and sustainable production. That is the only way to ensure that we fully satisfy our customers' health care needs.

The leather we use for our therapeutic shoes is therefore subject to statutory testing requirements. Permanent controls from the tanning stage to the finished shoe ensure consistently excellent quality. Because of this, minor scratches or scar tissue from insect bites, which you may find on the upper of the leather, are clear indications of its natural source rather than defects in workmanship.

You can have maximum confidence in the quality of the leather, we use thanks to the leather symbol certification mark.



Leather care

Children's shoes are often subject to extreme stresses and, in this process, the leather uppers must meet certain challenges. As a result, regular care is advisable.

A shoe polish can be used for nappa leather, whereas nubuck leather has a velvety surface which can become grubby over time. Rubbing with an abrasive pad or eraser is a good way of improving its appearance, while special nubuck pens will protect the leather upper.

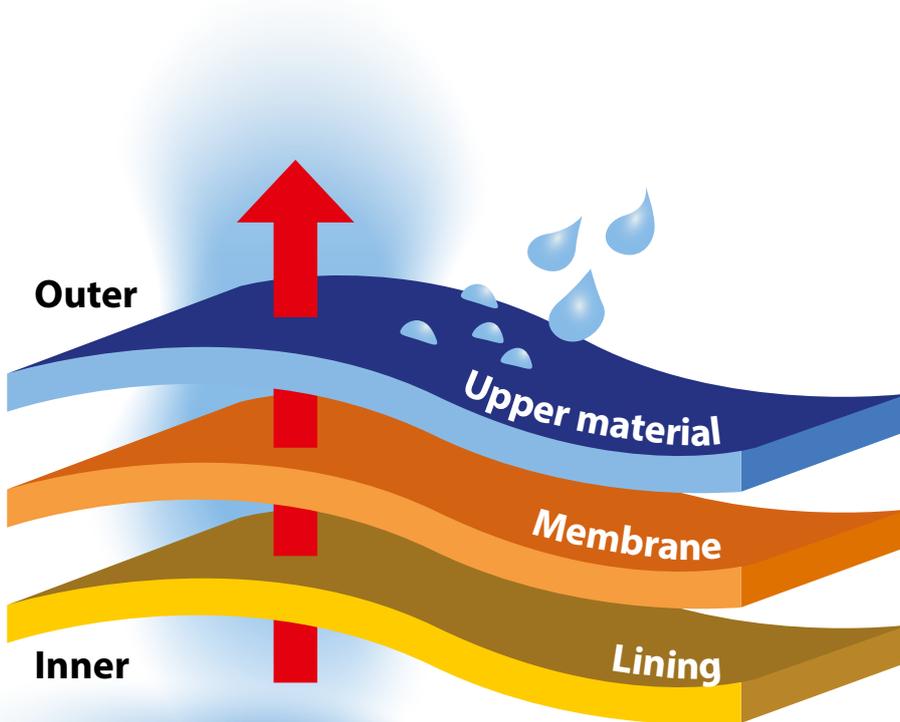
Before putting them on for the first time, the upper material should be treated with a wetness protection spray to keep the dampness out. As a general rule, always dry wet shoes slowly at room temperature rather than exposing them to an additional heat source.



Materials

We've got something against wet feet

Nothing is worse than cold, clammy feet. To guard against this, SympaTex has developed a special membrane which absorbs sweat and conveys it away from the shoes, so that your feet remain warm and dry all the time. Conversely, the SympaTex membrane prevents wetness getting in from the outside, thus providing effective protection whilst also being breathable.





Sole types

Orthotic, support, anti-varus and neutral shoes

- The flexible outsole promotes the foot's flexing action
- In our anti-varus and neutral shoes, the outsole is less flexible due to the integrated three-point correction
- Shell bottom with deep space to accommodate foot (approx. 15 mm at size 28)
- Wide contact area
- Foamed PU bottom (full material)
- Easy to modify

- Applied leather frame
- Wide contact area
- Foamed EVA bottom in ray pattern (the medial extended heel supports the longitudinal arch)
- Easy to modify

- Rocker bottom
- Wider contact area
- Micropore midsole
- The triangular profile of the rubber outsole ensures a secure stance
- Very easy to modify

Please note that the toe spring, outsole production and sole shape and width may vary, even within one shoe segment.

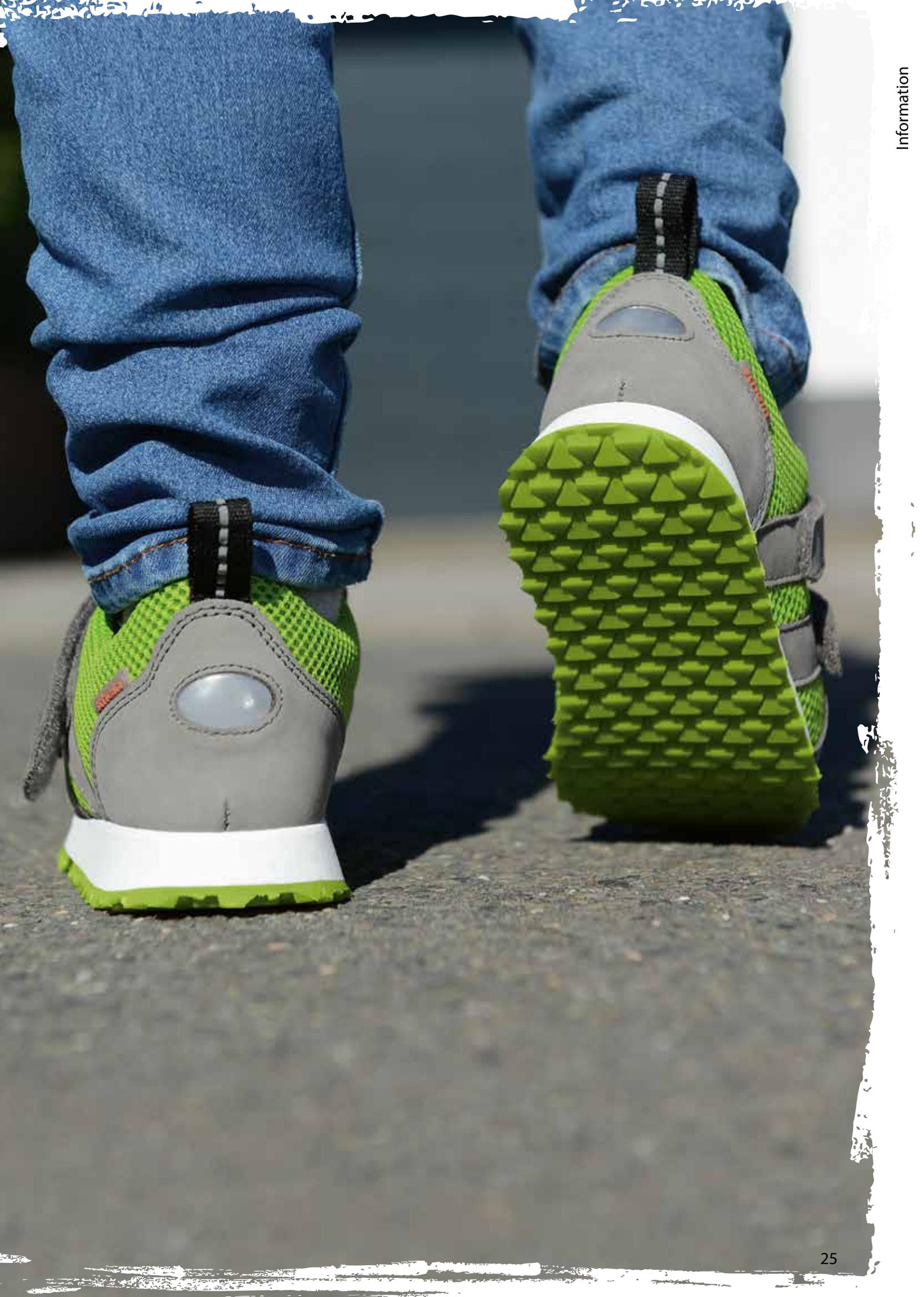
Support shoes

- The flexible profile sole supports a natural gait
- Shell bottom with extra depth (approx. 10 mm at size 28)
- Wider contact area
- Foamed PU bottom with air chamber system
- Modifiable

Anti-varus and neutral shoes

- Shell bottom with extra depth (approx. 10 mm at size 28)
- Wide contact area
- Foamed PU bottom with air chamber system
- Modifiable





Sole materials, heels, etc.

That's how trendy outsoles can be

Sole sheets are available in size 38 × 26 cm and in the following colours.

Item no.	Colour
231940-000	black
231940-001	white
231940-002	honey
231940-003	pink
231940-004	blue
231940-005	orange
231940-006	mamba green
231940-007	grey
231940-008	red



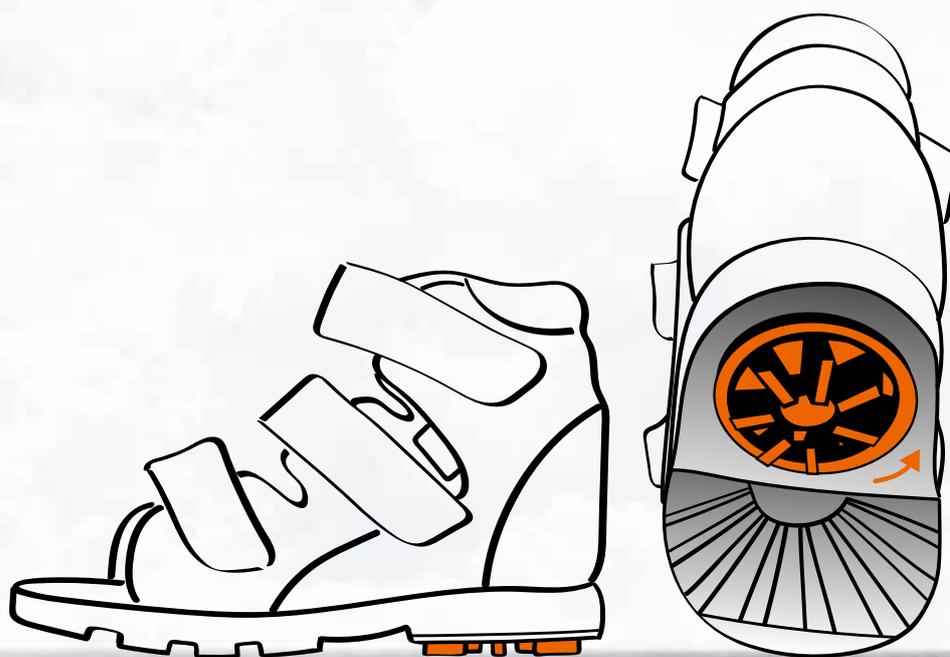
Rotation heels

At every step, the (de-)rotation heel aids the natural gait and facilitates the correction of leg rotation problems.

The effective wearing time for a pair of (de-)rotation heels ranges from four to six weeks. If individual ribs break off during that period, rotation will not be diminished – even three or four ribs allow effective rotation. You can check this for yourself by manually pressing down the shoe in the heel area.

Item no.	Form	Size (approx.)	Colour
012250-010	round	68 x 68 mm	black
012250-020	round	87 x 87 mm	black

Correction generally takes around nine months, during which time at least six pairs of (de-)rotation heels will be needed. Naturally, the treatment time depends on the severity of the rotation problem.



Sole materials, heels, etc.

Shoelaces in a variety of colours and lengths

Subtle shades or bold combinations: the choice is yours. We offer shoelaces in many different colours and lengths, allowing you to individually design your shoes. Available in lengths 75, 90, 120 and 150 cm.

In our 'my design' configurator you can view the various shoelaces first hand in different shoes and combine them yourself.
www.mydesign-schein.de



Item no.	Colour
239000	black
239001	white
239002	dark blue
239003	orange
239004	mamba green
239005	royal
239006	pink
239007	red
239008	anthracite
239009	grey
239010	grey glitter
239011	white glitter
239012	blue glitter
239013	bordeaux glitter

The Schein app

The safe way to the right shoe

The Schein app - our quick finder service

From sizing to the selection of all available shoe models, our app supports you in providing advice every single day.

You have the opportunity to choose between specifying the last or ascertaining warehouse availability. This makes it even easier to check the availability of our my generation therapeutic shoes. Simply enter the model number you are looking for, select the desired width or size and our system will immediately show you the warehouse availability.

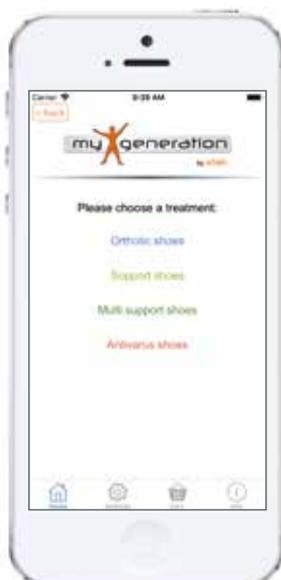
Your benefits at a glance:

- No waiting time on the phone
- Order processing in just a few clicks
- Simplified workflow

Registration:



Select treatment:



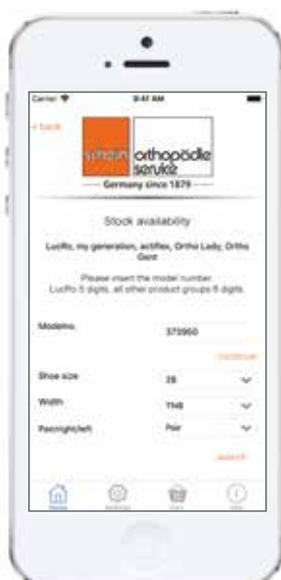
Width selection:



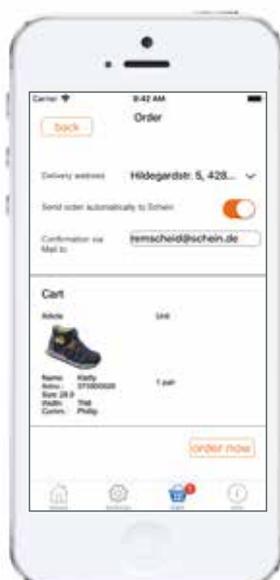
Search results:



Stock availability:



Online ordering:



my design configurator

My individual shoe

The design of our therapeutic shoes is strongly influenced by everyday shoes, thus allowing us to incorporate the fashionable components which are so important, particularly among younger people. Thanks to the diverse range of materials, leather types and materials we use, we have created an extensive collection which combines fashion with therapeutic benefits to provide feet with ideal care.

However, we do not always satisfy everybody's personal taste. For instance, children, teenagers and adults like a particular model, but would rather have it in a combination of colour or material different to the one in our catalogue.

That is why we have developed the 'my design' shoe configurator, which allows you to create your own unique pair of shoes entirely to suit your own personal tastes.

From the sole to the shoelaces, there are many different design variations, plus a wide range of colours. Just print out your chosen design and take it to your specialised dealer to order the model you have configured. We reserve the right to make changes to colours and designs.

You can recognise the selected models, which you have configured according to your wishes, by looking for the following symbol:



my design models



Orthotic shoe: catalogue pages 48–49
 Support shoe: catalogue pages 97–98
 Anti-varus shoe: catalogue pages 123–124



Configuration examples
 We reserve the right to make changes to colours and designs

	Item no.	Width	Size	Fastener	Reflector
Orthotic shoe	379300	TN8	18–42	Hook-and-loop fasteners with roller loop	yes
Support shoe	357000	TN4	23–42	Hook-and-loop fasteners with roller loop	yes
Anti-varus shoe	341000 341005	AV NS	18–42	Hook-and-loop fasteners with roller loop	yes



my design models



Orthotic shoe: catalogue pages 44–45
Anti-varus shoe: catalogue pages 119



Configuration examples
We reserve the right to make changes to colours and designs



Orthotic shoe: catalogue page 60



Configuration examples
We reserve the right to make changes to colours and designs

	Item no.	Width	Size	Fastener	Reflector
Orthotic shoe	361100	TN5	21–45	Hook-and-loop fasteners with no roller loop	yes
	371100	TN8			
Anti-varus shoe	347000	AV	21–35	Hook-and-loop fasteners with no roller loop	yes
	347005	NS			
Orthotic shoe	366500	TN5	20–47	Lacing	yes
	376500	TN8			



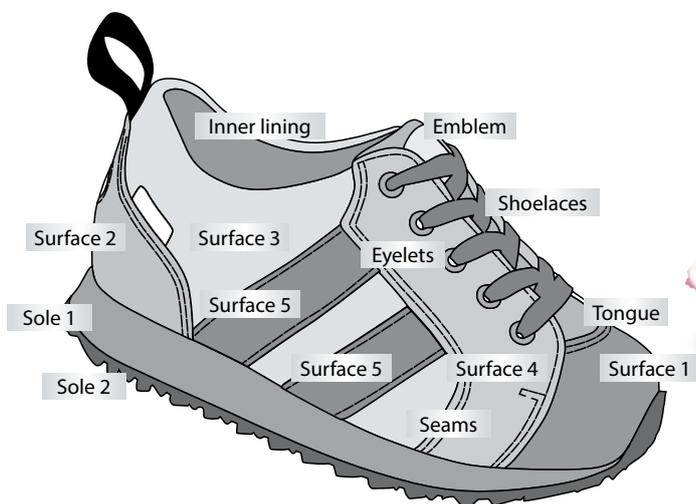
Opens very wide



Configuration code: DESHK003

Configuration code: DESHK001

Configuration examples
We reserve the right to make changes to colours and designs



Configuration code: DESHS002

Configuration code: DESHS001

Configuration examples
We reserve the right to make changes to colours and designs

	Item no.	Width	Size	Fastener	Reflector
Orthotic shoe	365000	TN5	20–50	Hook-and-loop fasteners with roller loop	yes
	375000	TN8			
	375005	TN9			
	375055	TN12			
Orthotic shoe	368300	TN5	36–47	Lacing	yes
	378300	TN8			



Orthotic shoe: catalogue pages 66-67



Configuration code: DESNA001

Configuration code: DESNA002

Configuration examples
We reserve the right to make changes to colours and designs



Orthotic shoe: catalogue pages 69-71



Configuration code: DESCH001

Configuration code: DESCH002

Configuration examples
We reserve the right to make changes to colours and designs

	Item no.	Width	Size	Fastener	Reflector
Orthotic shoe	368390 378390	TN5 TN8	24-45	Lacing / Zip on the inside and outside	no
Orthotic shoe	368470 378470	TN5 TN8	21-47	Lacing / Hook-and-loop fasteners	no



Configuration examples
 We reserve the right to make changes to colours and designs



Configuration examples
 We reserve the right to make changes to colours and designs

	Item no.	Width	Size	Fastener	Reflector
Orthotic shoe	362200 372200	TN5 TN8	20–47	Hook-and-loop fasteners, top one with roller loop	yes
Support shoe	356000	TN2	23–47	Hook-and-loop fasteners, top one with roller loop	yes
Anti-varus shoe	342000 342005	AV NS	20–42	Hook-and-loop fasteners, top one with roller loop	yes
Orthotic shoe	368000 378000	TN5 TN8	20–47	Lacing / Zip on the inside	yes
Support shoe	356100	TN2	23–47	Lacing / Zip on the inside	yes
Anti-varus shoe	343000 343005	AV NS	20–42	Lacing	yes

Orthotic shoes

Our orthotic shoes –
a combination of proven medical functionality and a fresh appearance

The right footwear is an important addition to an individually produced orthosis. Shoes worn by people wearing an orthosis not only have to satisfy certain key requirements, but must also make walking and running easier.

For these reasons, we remain in close contact with our customers with the aim of making continuous improvements and refinements:

- Orthotic shoe width TN12
- Orthotic shoes for joint orthoses
- Flexible outsole
- New rear access
- Straight posture

Due to their material quality and shape, conventionally manufactured shoes are not up to meeting the requirements of orthoses. That is why we recommend our therapeutic shoes.



Orthotic shoe width TN12

To facilitate treatment involving bulky orthoses, we have developed – together with our craftsmen – the width TN12 for our orthotic shoes.



We supply every shoe in the width TN12 with two insoles in 40 and 50 Shore, meaning that the volume can be changed by removing one or both of the foot orthotics.

This ensures that the external design of the shoe is not affected. If a therapeutic shoe is only needed for one foot, a different width and shoe size can be provided for the normal foot, in the same way as all the other TN widths in the orthotic shoe category.

Orthotic shoes for joint orthoses

Wearers of joint orthoses need a shoe with a specially shaped heel. Although the shoe will have a more voluminous rear-foot and heel area, it must nevertheless fit well. That is the only way to ensure it holds the foot properly in place and guarantees correct foot movement when walking.

Our orthotic shoes, which are marked with the symbol shown on the right, have been specially designed to meet these requirements.



Flexible outsole

Ever thinner and more flexible materials are used in the orthopaedic handcraft and its treatments. In response, we have introduced an even more flexible version of the sole for our orthotic and support shoes.

All shoes designated in the tables as 'flexible' are extremely elastic. None of this has any negative impact on the therapeutic benefits of the orthosis.

Orthotic shoes

Sandals

Page 40–49



Low shoes

Page 50–67



Boots

Page 68–85



School shoes

Page 87



Limited quantities

Page 88–91





Orthotic shoes

Orthotic shoes



Opens very wide

Pippa

367020 / width TN5
377020 / width TN8



Samara

367060 / width TN5
377060 / width TN8

	Item no.	Width	Size	Material	Colour	Fastener	Inner lining	Sole	Reflector
Pippa	367020 377020	TN5 TN8	21 - 32	Nubuck	turquoise	Hook-and-loop fasteners with roller loop	textile	flexible	yes
Samara	367060 377060	TN5 TN8	21 - 32	Nubuck	shiny silver	Hook-and-loop fasteners with roller loop	textile	flexible	yes



Orthotic shoes

Orthotic shoes



Chen

367000 / width TN5
377000 / width TN8
377005 / width TN12



Niklas

367080 / width TN5
377080 / width TN8



Paula

367030 / width TN5
377030 / width TN8

	Item no.	Width	Size	Material	Colour	Fastener	Inner lining	Reflector
Chen	367000 377000 377005	TN5 TN8 TN12	20 - 45	Nubuck	dark blue / black	Hook-and-loop fasteners with roller loop	textile	yes
Paula	367030 377030	TN5 TN8	20 - 38	Nubuck / Mesh fabric	grey / pink	Hook-and-loop fasteners with roller loop	textile	yes
Niklas	367080 377080	TN5 TN8	20 - 45	Nubuck / Mesh fabric	light grey / dark blue	Hook-and-loop fasteners with roller loop	textile	yes



Camillo

367050 / width TN5
377050 / width TN8



Nell

367070 / width TN5
377070 / width TN8

	Item no.	Width	Size	Material	Colour	Fastener	Inner lining	Sole	Reflector
Camillo	367050 377050	TN5 TN8	24 - 35	Nappa / Faded denim look	blue	Hook-and-loop fasteners with roller loop	textile	flexible	yes
Nell	367070 377070	TN5 TN8	24 - 35	Nubuck / Fabric	dark grey / green	Hook-and-loop fasteners with roller loop	textile	flexible	yes

Orthotic shoes



Carbon

361900 / width TN5
371900 / width TN8



You can use the configurator to design this model for yourself

my design

www.mydesign-schein.de



Marina

361910 / width TN5
371910 / width TN8

	Item no.	Width	Size	Material	Colour	Fastener	Inner lining	Reflector
Carbon	361900 371900	TN5 TN8	21 - 45	Nappa / Mesh fabric	carbon black	Hook-and-loop fasteners with no roller loop	calf leather lining	yes
Marina	361910 371910	TN5 TN8	21 - 32	Nubuck	turquoise	Hook-and-loop fasteners with no roller loop	calf leather lining	yes



Mareike

363960 / width TN5
373960 / width TN8



Daisy

361140 / width TN5



Kletty

363950 / width TN5
373950 / width TN8

	Item no.	Width	Size	Material	Colour	Fastener	Inner lining	Reflector
Daisy	361140	TN5	21 - 28	Nappa	black	Hook-and-loop fasteners with roller loop	calf leather lining	no
Kletty	363950 373950	TN5 TN8	21 - 35	Nubuck / Mesh fabric	dark blue	Hook-and-loop fasteners with no roller loop	calf leather lining	yes
Mareike	363960 373960	TN5 TN8	21 - 32	Nubuck / Mesh fabric	pink	Hook-and-loop fasteners with no roller loop	calf leather lining	yes

Orthotic shoes



Grey

371880 / width TN8



Anouk

371860 / width TN8



Sofia

371830 / width TN8

	Item no.	Width	Size	Material	Colour	Fastener	Inner lining	Reflector
Sofia	371830	TN8	21 - 32	Patent leather embossed	red	Hook-and-loop fasteners with roller loop	calf leather lining	no
Anouk	371860	TN8	21 - 32	Nubuck / Nappa	shiny silver / white	Hook-and-loop fasteners with roller loop	calf leather lining	no
Grey	371880	TN8	21 - 35	Nubuck / Nappa	grey	Hook-and-loop fasteners with roller loop	calf leather lining	no