



ALMOST BAREFEET

An Elastic Thick Skin



Feet take a real beating in gymnastics. From growth plate issues, to bruising, to plain old flat feet, gymnast's training and competing can be greatly affected by foot problems. As a result TEN.O has given a lot of thought to these problems.

Several years ago we worked with a small knitting house to make a simple elastic sleeve that would offer moderate support to the ankle and would hold ankle, heel and arch supports. We made it in sizes for the smallest to the largest gymnast.

This year we have searched arch and heel support products for the best and newest technology to be used in the **ALMOST BAREFEET Sleeve**.

To find your size take TWO (A&B) measurements.

A - measure from the end of heel to big toe joint and

B - measure around the arch area

XS (A=up to 6")(B=up to 8")

Small (A=6"-7")(B=8"-9")

Medium (A=7"-8")(B=9"-10")

Large (A=8"-up)(B=10"-up)

ALMOST BAREFEET KIT includes one sleeve, detailed use instructions and a vinyl zippered pouch to keep it altogether in your gym bag **AB1645** \$9.95 each.

The **Blue and Crystal Clear HEEL SUPPORT** is 100% silicone and offers great comfort for bruised heels or for young gymnasts with growth plate issues.

Sizes - Small & Medium
See www.ten-o.com for sizing.

Silicone **GEL HEEL CUSHION** is like stepping on a cloud.

SG3407 \$18.00 pair

The **PU GEL ARCH PILLOW** supports the arch area with down pillow softness. It includes a reusable, renewable adhesive to help keep it in place. One size fits all.

PU GEL PILLOW wedge shaped for luxurious arch support.

PG2027 \$12.50 pair

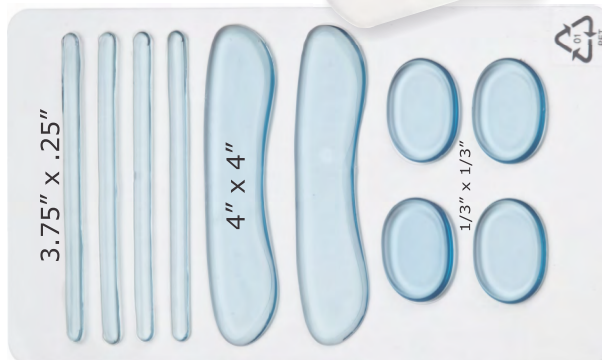


The **ALMOST BAREFEET Clear Silicone Arch Belt** offers firm support to the arch area as well as the strap (closes with hook/loop) providing support to the plantar fascia on the underside of the foot. This support can be worn with or without the **ALMOST BAREFEET SLEEVE**

One size fits all. **CLEAR SILICONE BELT** for firm arch support.

BA021 \$18.00 pair

HANDS
WRIST
FEET
COMFORT



GEL PILLOWS
10 Piece Kit of Adhesives Backed Pillows. Use on grips, shoes, wrist supports etc. **GP10** \$9.75

