

**REPS** pro dorsiflex sock



live your life.

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# dmo

## **REPS** pro dorsiflex sock

The REPS Pro Dorsiflex Sock is specifically designed to improve and quicken running stride. The socks unique design lifts the foot up (active dorsiflexion) generating a more efficient foot pattern and a heel strike which in turn generates a more powerful and energy efficient running stride. This is particularly effective for any sport involving sprinting. The sock can also be designed to realign the foot if required and provides stability where needed.

#### Performance benefits:

- Improved running pattern and technique
- > Increased dorsiflexion
- Pain reduction
- > Improved heel strik
- Improved running stride
- > Improved foot control and positioning

#### Rehabilitation benefits:

- > Pain reduction
- > Realigned foot position

All products in the REPS Pro range are custom made for a perfect fit. You will receive a personal assessment through our clinical care package so your item will be individually tailored to you.

Unique Lycra® blend provides the optimum balance between flexibility and support

Open or closed back design

Breathable materials to reduce heat fatigue

Provides compression to reduce muscle fatigue and aid recoverv

External stitching for supreme comfort and reduced chafing

Reinforcement panelling holds the foot in correct alignment



#### The DMO Sport Commitment

DMO Sport is committed to bringing the very best products to its athletes. We dedicate exceptional resource to research and development, ensuring our product performs at the highest level, allowing those who use it to feel supremely confident.

#### REPS - Rehabilitation Enhancing Performance System

REPS has been developed by our leading sports clinicians as a pioneering, functional approach to sports rehabilitation, pre-habilitation and performance.

#### How it works

Strategically positioned panels work together to re-align the body's position, increasing proprioceptive awareness and ensuring the correct muscles are being utilised for their appropriate actions. This works to develop effective muscle re-programming (muscle memory), increasing your body's efficiency and raising your potential to reach peak performance.



For more information please contact: +44 (0) 1209 219205 www.dmorthotics.com enquiries@dmorthotics.com

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