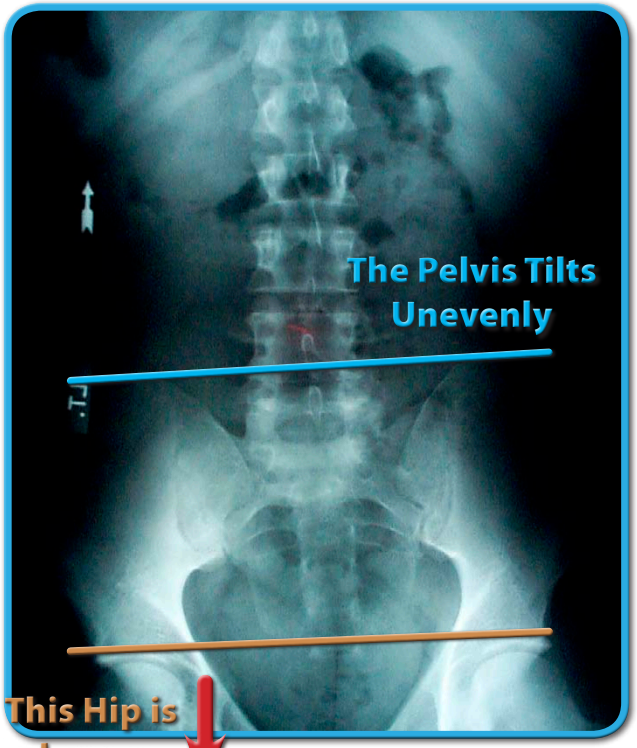
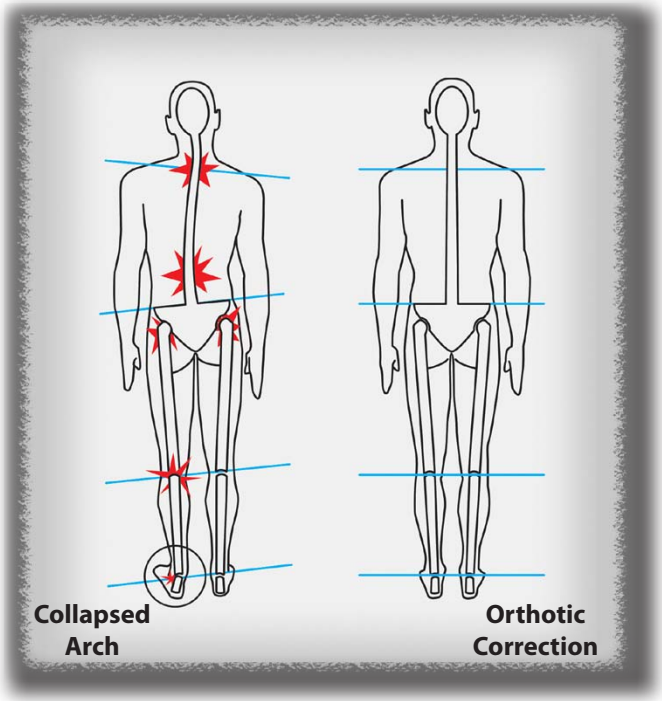
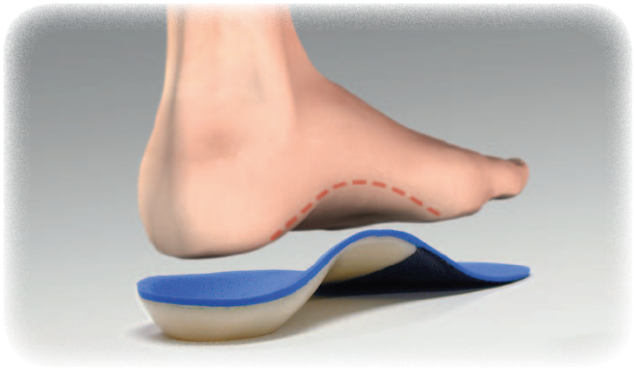


This leg is functionally shorter with a collapsed arch



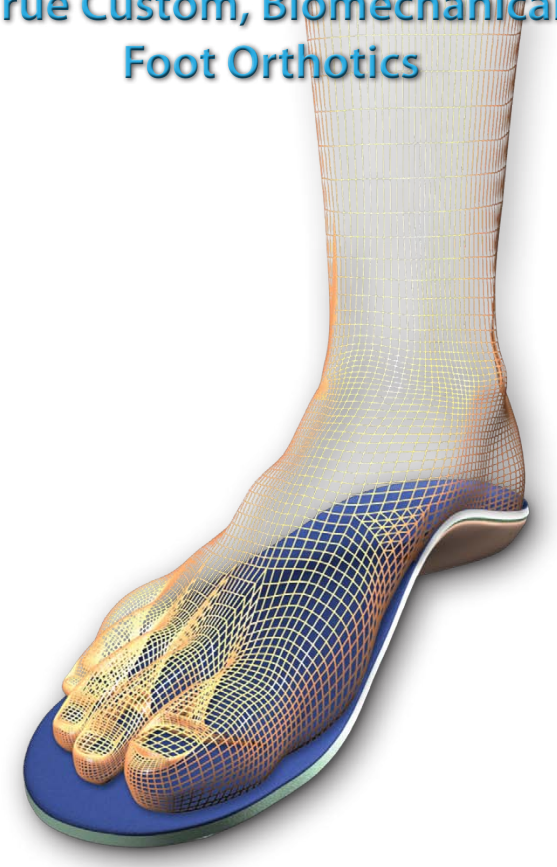


For a professional consultation regarding whether Sole Supports may be helpful for you, please contact the following certified Sole Supports practitioner:

This brochure provides a general overview on this topic and may not apply to everyone. To find out if this handout applies to you and to get more information on this subject, consult with your certified Sole Supports practitioner.

SOLE SUPPORTS™

True Custom, Biomechanical Foot Orthotics



Good Posture and Joint Health Begin Where the Foot Meets the Ground …

SOLESUPPORTS
WE MAKE PEOPLE BETTER
www.solesupports.com

What is an orthotic?

An orthotic is a supportive device which is placed inside footwear, to change the mechanical function of the foot. It works dynamically during weight-bearing activities like walking, running and standing. Ideally, it should provide full, custom and corrected arch contact so that the foot works in a biomechanically correct way. To date, only ***Sole Supports***™ manufactures full arch contact orthotics, calibrated to flex for your weight and foot type. The reason for this is simple: they are more difficult to make because they must actually change the way your foot works and need to be comfortable at the same time. Other orthotics are either just cushions or have a one-size-fits-all, poor arch support that is not customized to your foot. These orthotics may feel fine but, by failing to actually change foot posture and function, they will not prevent or alleviate the usual painful deformities or syndromes.

What are faulty foot mechanics?

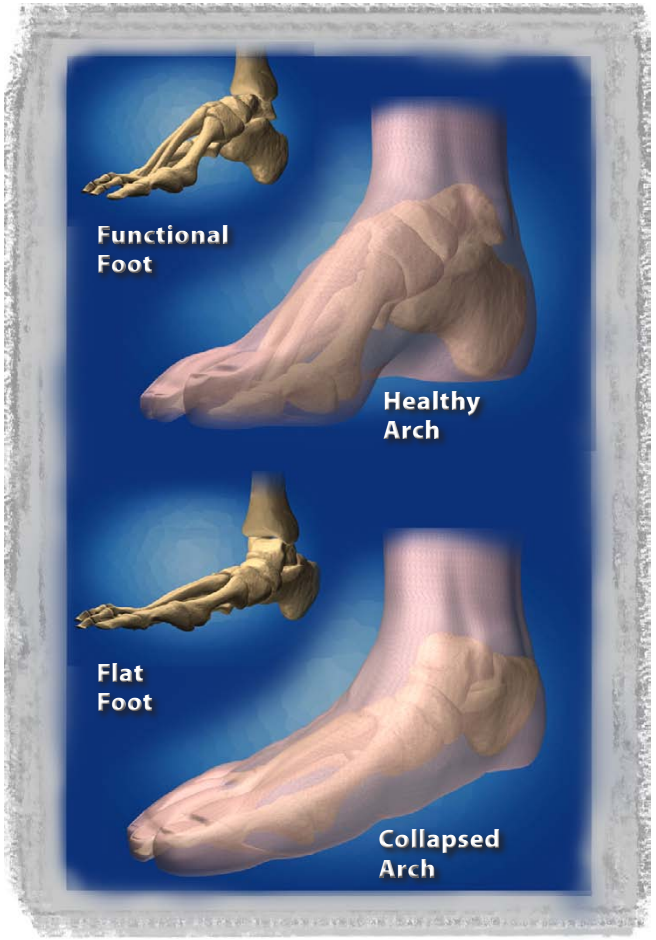
The foot is designed to un-lock, or pronate, when it hits the ground for shock absorption and to conform to variable terrain. It then must re-stiffen (lock), or supinate, for efficient leverage as it propels the body forward onto the next step. When either of these phases are excessive or out-of-synch the foot has faulty mechanical function. The majority of us overpronate, that is, our arches flatten too much (flat feet) and do not re-stiffen enough for efficient propulsion. About four percent of us are oversupinators with high, rigid arch structure, creating poor shock absorption and weight-bearing pressure concentrated in a few spots.

What kinds of problems result from faulty foot mechanics?

Pain and deformities can arise in the feet such as bunions, plantar fasciitis, corns, and hammertoes. Because foot function affects the entire chain of bones leading to the spine, pain and dysfunction in the knee, hip and low back often result as well. In all there are over thirty common diagnoses related to poor foot function.

Can problems be prevented or corrected with the use of Sole Supports?

Yes. If the problem is caught early enough, pain and deformity can often be prevented. Regular use of these unique orthotics can often reverse deformity development or, at least, prevent surgery. How? Because when you restore normal ***function*** you give your body what it needs to heal itself. A typical orthotic only masks your symptoms temporarily –until further deformity makes things worse. When you restore healthy foot function other treatments or therapies are more effective and last longer.



How long will it take for my symptoms to go away?

That will depend on how advanced your condition is, flexibility of the deformity if one is present, age and general health –all affect symptom relief. For most people, significant relief is experienced within weeks of regular use; at most, it may take a few months.