

## Sole Supports™ Change Your Foot Posture

### The Most Important Change for Your Feet



*If whatever arch support you are currently using leaves your foot looking like the bottom image, it is not changing your foot posture and therefore not changing your foot function. You may get some temporary relief, but the poor posture and function will eventually lead to new pains and/or deformities.*

If you suffer from any of the usual foot pains and deformities or even just foot fatigue, you want that to change and the sooner the better! There are many available “solutions” on the market for your feet. How do you know which ones are worthwhile?

There is a big difference between things that give temporary relief and those that offer a permanent solution to whatever is ailing your feet. Painkiller medications alleviate pain, for instance, but eventually wear off and nothing has changed (and nobody wants to take pills the rest of their lives). There are special pads and cushions you can get to avoid painful pressure spots, but these just shift more pressure somewhere else and can cause problems there. There are over-the-counter arch supports, one size fits all, that may help a little temporarily -but they really were not designed to help the unique shape of your foot. Even most of the typical custom foot orthotics dispensed in doctor’s offices do little more than what you can buy off the shelf at the drugstore. Why? Because, if they do not actually change your foot posture and function, the way you walk, they are not changing anything important over the long haul.

Feet, like any other part of the body, depend on proper bone alignment and function to remain healthy and avoid arthritis. Thanks to gravity, body weight, sedentary living and the hard, flat floors of modern life, your arches are gradually flattening over time. In fact, over 80% of all people are walking today with arches that are too flat,

So what if they are flat? The arch is there for a very important purpose: it gives the foot a range of motion and function from nearly rigid (arch high) to floppy (arch low). Since most of us have too little arch as we stand and walk, that means our feet are too floppy and do not function the way they are supposed to.

When feet do not function properly, the weight-bearing forces of everyday life start to break down the soft tissues and joints of the foot. This leads to the very familiar problems of bunions, plantar fasciitis or heel spur, hammertoes, metatarsalgia, mortons neuroma or just plain achy, tired feet. The big toe joint, more than any other joint in the foot, tends to develop arthritis. Many of these same complaints eventually require surgery to stop the pain.

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*The above shows the same flat foot on a typical heel-posted support (left) and on a Sole Support (right). Notice how much straighter the foot becomes when its posture is changed by the Sole Support.*

Yet even surgery cannot restore healthy function to your foot –the most it can do is temporarily relieve pain. Many of the ailments operated on come back over time because foot function was not addressed.

The only way to restore function to a flat foot is to use an orthotic that is designed to raise the arch back up to where it should be. Sole Supports™ are the only medical grade orthotic on the market to do this. Why? Because we developed an entirely new way to capture the right posture of the foot and then make a device strong enough to put your foot in that posture when you stand on it.

But doesn't that make it uncomfortable? Surprisingly not: since Sole Supports are made custom the shape of your foot, the corrective forces are distributed evenly across the entire bottom of your foot –unlike conventional supports that use isolated bumps and posts to influence the foot.

If they are so effective why aren't Sole Supports what most doctors use? Since our way of doing things is so radically different from most doctors are taught in school many of them are reluctant to change how they do things. But many medical practitioners are now adopting our methods once they have had the proper training and see the improved results. We firmly believe that, in the near future, Sole Supports will soon become the new medical standard orthotic.



*The two feet to the left will function very differently. The bottom foot is too flat and floppy. It will not have much power to push forward and will suffer damage and deformity over time. The top foot has its arch restored and will now have healthy function.*