

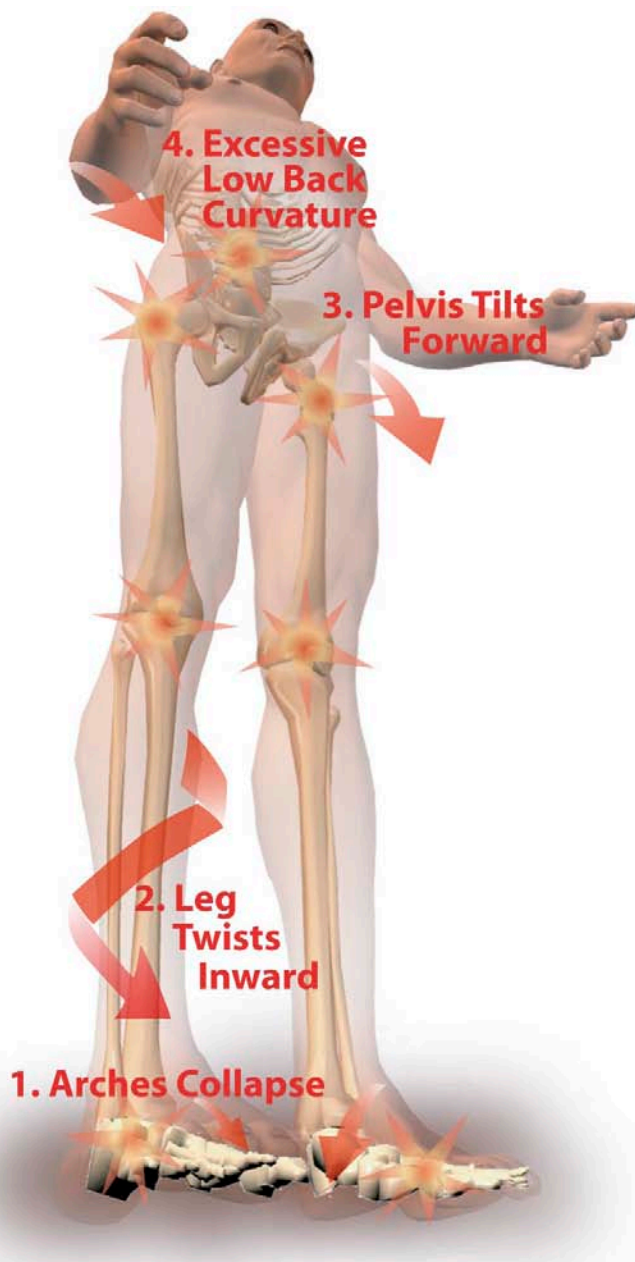
Sole Supports™: Correcting Posture Up the Chain

An Easy Fix for Knee, Hip & Back Posture

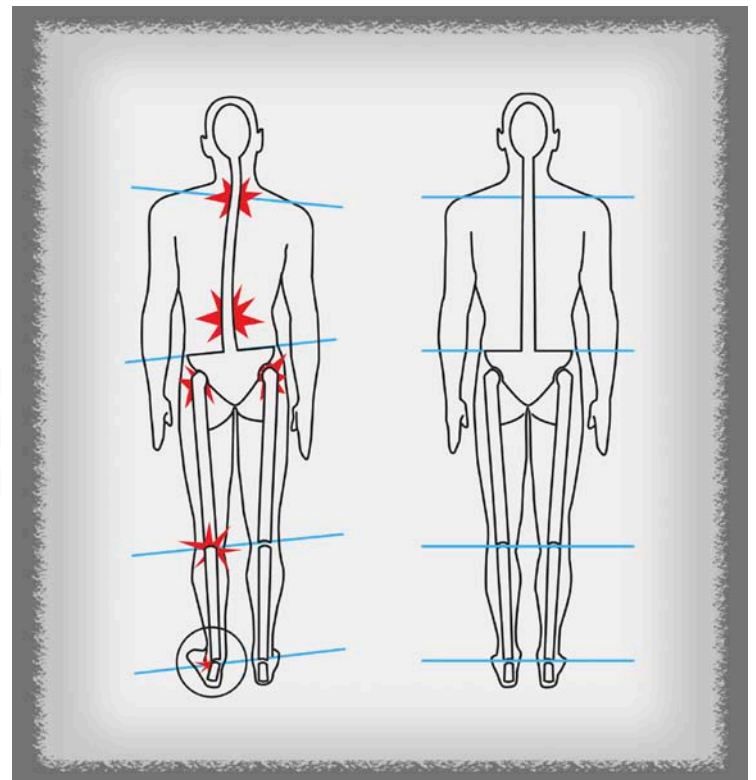
When the arches of the feet slump, as most will at some point, they have negative effects on knee, hip and back posture. This is because, from the spine to the foot, all joints are connected and influenced by changes in any other joint in the chain. Fallen arches put a twist in the chain that effects everything up to the spine.

Since Sole Supports™ were designed to restore the proper arch height of the foot, wearing them can help improve the posture and health of the knee, hip and back as well.

Postural imbalances at any joint, especially ones that bear full body weight in standing like the knee, hip and spine, lead to excessive wear and tear that can cause arthritis or even disc degeneration in the spine. There are many other things necessary for healthy joints, such as good strength, endurance and flexibility, but using Sole Supports™ is an easy way to insure better joint health every day.



As the arch of the foot falls it causes a twist up the leg with negative consequences for the knee, hip and back. So by restoring your arch height with Sole Supports™, you can correct the other imbalances at the same time.



From the back view you can appreciate another critical change in posture due to a fallen arch: the leg is effectively shortened on the side with the most arch loss; the pelvis tilts out of alignment and the spine inherits an abnormal curvature.