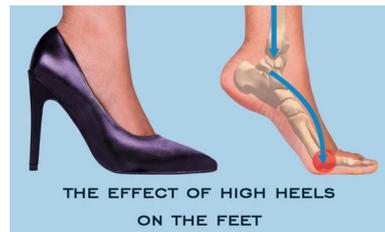
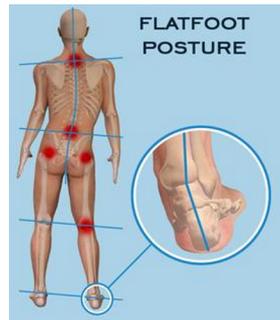
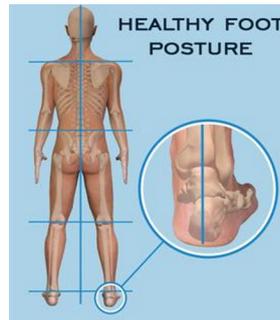
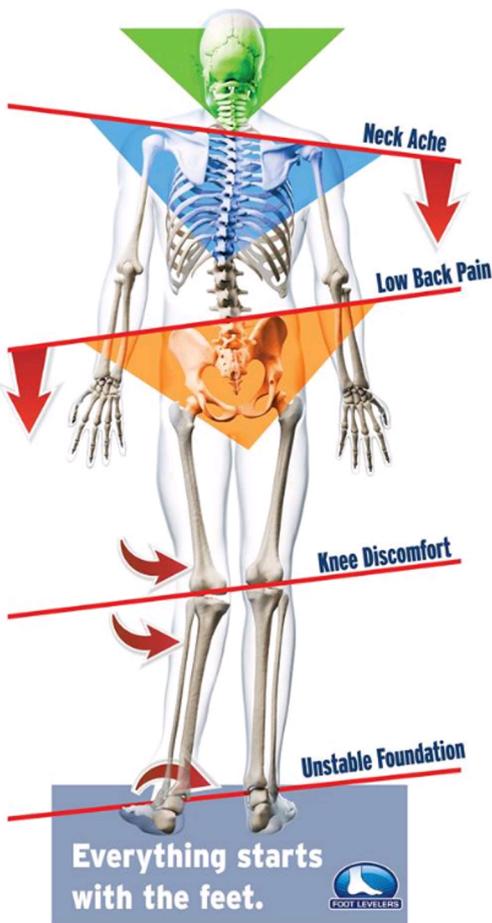


# FOOT HEALTH

Most people take their feet for granted, until pain or problems such as blisters or calluses develop. But it's important to be kind to your feet and take care of them—before problems arise—and to treat existing problems before they limit your ability to function.



The foot has 33 joints that ensure a healthy range of motion allowing proper foot movement.

These joints move smoothly when each bone is in its correct posture.

Faulty foot structure will cause faulty movement.

If you have a flat foot, hypermobility in the joints can cause the foot arch to collapse

This stretches the plantar fascia and over time can lead to the development of plantar fasciitis

Over time, chronic spasms, inflammation and repetitive stress can damage the plantar fascia and also lead to the development of heel spur

## Orthotics

Orthotics help to correct the foot arch by providing support and easing off the pressure placed in the muscles and joints.

FLATFOOT POSTURE  
CAUSING PLANTAR FASCIITIS



FOOT IN CORRECTED POSTURE



## Treatment of Plantar Fasciitis

- REST
- MASSAGE
- COLD LASER
- STRETCHING EXERCISES
- STRENGTHENING EXERCISES
- FOOT INSOLES (ORTHOTICS)

# EXPRESS ORTHOTICS

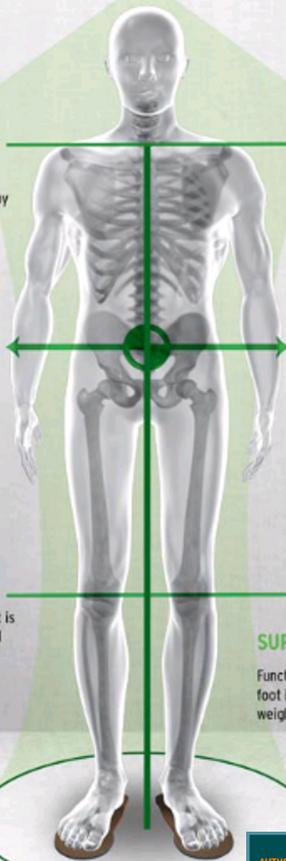
## Who Are the Express Orthotics For?



### AFTER Foot Levelers Custom Orthotics

#### PAIN RELIEF

Restoring a balanced foundation for the spine relieves the pain caused by poor body mechanics.



#### BALANCE

With the feet and legs aligned and supported, the pelvis can return to its normal balanced position.

#### ALIGNMENT

The lower extremity returns to proper alignment when the foot is balanced with functional orthotic support.

#### SUPPORT

Functional orthotics correct foot imbalance for improved weight distribution.



These ready-fit medical insoles were designed to support limbs or joints that don't function correctly, and are ideal for treating lower limb injuries.

Moreover, these insoles:

- Provide support thanks to their arch profile Increase bio-mechanical support
- Improve alignment of the lower limbs Increase stability and balance
- Reduce the shock of heel strike thanks to cushioned heel cup
- Decrease the velocity of rear foot pronation
- Decrease shoe wear on the outside heel
- Reduce shock during propulsion due to forefoot cushioning

THE EXPRESS ORTHOTICS HARD DENSITY RED 3/4 LENGTH INSOLES PROVIDE PROFESSIONAL-GRADE CARE IN THE FORM OF A READY-TO-USE PRODUCT THAT REQUIRES NO SPECIAL FITTING OR HEAT MOULDING, WHILE STILL ALLOWING YOU TO ADJUST IT TO BECOME A CUSTOM-MADE FOOT ORTHOTIC DEVICE. THEY ARE DESIGNED TO INCREASE BIO-MECHANICAL SUPPORT AND PROVIDE MAXIMUM SHOCK ABSORPTION, WHICH MAKES THEM IDEAL FOR THE HEAVIER USER.

MOST USERS FIND THAT THEIR EXPRESS ORTHOTICS ARE COMFORTABLE STRAIGHT AWAY. IN CERTAIN CASES, HOWEVER, IT MAY TAKE A FEW DAYS FOR YOUR FEET TO ADJUST TO THE SUPPORT AND FUNCTION OF THESE INSOLES. PLEASE NOTE THAT IF YOU ARE STILL FEELING DISCOMFORT AFTER TWO WEEKS, YOU SHOULD STOP WEARING THE INSOLES

YOUR EXPRESS ORTHOTICS WILL NORMALLY LAST AT LEAST AS LONG AS THE SHOE THEY ARE FITTED INTO. MOST USERS, HOWEVER, FIND THAT THEIR INSOLES LAST A MINIMUM OF NINE TO 12 MONTHS.

Check your Posture at our  
Back Pain Solutions  
workshop TONIGHT!  
Tuesday 17/09/19 at 7pm

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