

MEDICAL FULL-LENGTH

FootActive
Australian Premium Insoles



ORTHOTICS

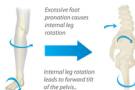
• Orthopädische Schuheinlagen
• Semelles orthopédiques • Plantillas ortopédicas

FootActive Medical: effective re-alignment of the lower limb

- developed by Australian podiatrists
- biomechanical longitudinal arch support
- in-built metatarsal raise
- deep stabilising heel cup
- comfortable velours top cover
- shock-absorbing Podflex heel pad



By controlling excess pronation, **FootActive Medical** orthotics can be very useful in the treatment and prevention of many foot complaints, e.g. *Plantar Fasciitis*. In addition, excess pronation is often associated with common biomechanical complaints such as shin splints, knee or back pain.



Excess pronation leads to internal rotation of the tibia (disrupting proper knee function) and consequently forward pelvic tilt, putting excess strain on the low back muscles.

FootActive Medical orthotics re-align the feet and help improve body posture, allowing joints and muscles to function more efficiently. In turn, this can help relieve painful conditions and help prevent future biomechanical complaints and injury.

FootActive orthotics assist with the relief of:

- Heel pain (*Plantar Fasciitis*)
- Ball of foot pain (*Metatarsalgia*)
- Flat feet/fallen arches
- Excess pronation
- Achilles Tendonitis
- Tired, aching legs
- Shin Splints
- Knee pain
- Low back pain

Fitting & Care Instructions:

Please remove any existing insoles or lining from your shoes before inserting FootActive. If required, FootActive insoles can be trimmed to size with scissors at the toe end. It may take a while to get used to the arch support. Please wear FootActive for just a few hours a day, gradually increasing the hours of wear until they feel comfortable. You may clean the insoles with a warm soapy cloth. Do not soak them or put them in the washing machine or dryer.

Suitable for all lace-up shoes as well as work boots.

