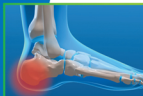


FootActive
Premium Insoles

ORTHOTIC INSOLES for the relief of:
*Plantar Fasciitis, heel pain,
heel spurs & Achilles Tendonitis*

DEVELOPED BY PODIATRISTS

PLANTAR FASCIITIS



Heel Pain Relief



SUPPORT and CUSHIONING

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.



FootActive orthotics - for the relief of Plantar Fasciitis, heel pain and heel spurs

"Plantar Fasciitis" is Latin for inflammation of the plantar fascia. The plantar fascia is a broad, fibrous ligament that runs under the foot from the heel to the toes.

For a number of reasons, such as weight gain, age, overuse and genetic factors (such as fallen arches) the ligament is being overly stretched.

This causes pain and inflammation in the heel. In some cases a *heel spur* may develop.

FootActive orthotics were developed by Australian podiatrists to control over-pronation (fallen arches).

By supporting the arches the excess strain on the plantar fascia ligament is being reduced, thereby treating the **cause** of Plantar Fasciitis, and helping to alleviate and prevent heel pain. A shock-absorbing heel pad reduces the impact on the painful heel.



FootActive supports the arches, thereby reducing the strain on the plantar fascia ligament

Plantar Fasciitis exercises

In addition to wearing FootActive orthotics, it is highly recommend to do some daily exercises to make the feet and legs more flexible. In turn, this will help reduce the tension on the plantar fascia.



Ball roll



Calf stretch

Please see the booklet inside this box for detailed instructions regarding the above exercises or visit the FootActive website.

Suitable for all lace-up shoes as well as work boots. Also suitable for runners and joggers.

