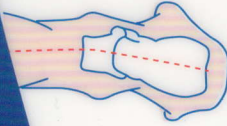
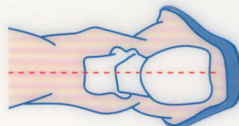


# Your Foot and Pronation

Not all pronation is bad.



**Unsupported Foot** tends to roll inward. The arch flattens, stretching the tissue while bones misalign.



**Foot with Powerstep®** provides foot posture and support to correct bone alignment and prevent pain.

In fact, the foot naturally pronates as the foot transfers weight from the heel to the forefoot during walking or running. However, when the foot overly pronates, the ankle collapses inward and the inner edge of the foot bears the body's weight, causing the arch to collapse as the foot strikes the ground. Overpronation can range from mild to excessive (flat feet).

Most feet lack proper stabilization in movement, which places strain on the ankles, knees and lower back and creates many foot problems and pain.

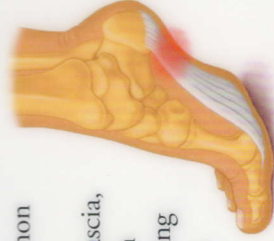
Powersteps feature a sturdy heel platform to stabilize and cradle the heel, and the semi-flexible arch comfortably supports the foot in proper bony alignment. Powerstep® orthotics are designed to mimic the same fit and function of custom-made products. Many podiatrists turn to Powerstep for an affordable, effective, and easy-to-use prefabricated orthotic for their patients.

Ask your medical professional about Powerstep®.

The Podiatrist's Prescription for *Pain Relief!*

Many foot ailments and deformities are related to pronation and can be relieved or prevented with Powerstep® orthotics. Ask your doctor if Powerstep® is right for you.

**Plantar Fasciitis** is the most common side effect of overpronation. The collapsed arch strains the plantar fascia, the ligament that supports the arch along the bottom of the foot, causing a dull pain in the heel or arch that, over time, can progress to a sharp, persistent pain and inflammation.



In clinical studies, Powerstep® resulted in a 33.19% reduction in Plantar Fascia strain by lifting and supporting the arch and stabilizing the heel.<sup>3</sup> Pro Tech products also feature a PORON® Cushion heel pad to further cushion the point of inflammation.

**Bunions** are produced by the jamming and buckling of the first toe joint, causing a permanent shift of the joint, resulting in a bony protrusion. By aligning the foot properly, stress and force are removed from the joint, limiting or slowing further progression.



**Hammertoe** and **Claw Toe** are due to imbalances in the toe muscles, leading to a buckled toe deformity and a more rigid position. Orthotics help align your toes properly to limit symptoms associated with these deformities.

**Calluses** are a toughening and thickening of skin on the sole of the foot due to an uneven distribution of weight. Orthotics compensate for biomechanical imbalances of the foot and reduce the stress and friction causing the calluses.

**Morton's Neuroma** is a very painful condition caused by enlarged irritated nerves at the ball of the foot. Wearing foot orthotics with a metatarsal pad properly spreads the bones to relieve pain.

## PROTECH FULL & 3/4 LENGTHS

Fully-cushioned orthotic with PORON® Cushion heel pad for increased comfort. Available in Full Length or 3/4 Length.



## PROTECH MET

Full-length orthotic with built-in metatarsal pad to align and cushion the met heads to alleviate ball-of-foot pain.



## PROTECH CLASSIC PLUS

Full-length orthotic with enhanced heel comfort and thin profile to fit in a variety of shoe styles.



## PROTECH CONTROLS

The Pro Tech Control styles offer a medial 2" heel post and firmer arch for greater control and positioning. Available in Full Length or 3/4 Length. Also available: *Pro Tech Control Wide (wider profile) and Pro Tech Control Met (with built-in metatarsal pad)*



## PROTECH CUSTOM POST™

Customizable with snap-on heel heights and wedges for quick, simple adjustments.



US Patent 7,913,429



Powerstep® Pro Tech products hold the American Podiatric Medical Association's Seal of Acceptance.

## Why Powerstep®?

Powerstep® therapeutic orthotics are *proven effective* in clinical studies:

- Powerstep® is clinically proven to improve foot function and decrease foot pain.<sup>1</sup>
- The majority of Powerstep® users experience a significant improvement in comfort after 4 weeks.<sup>1</sup>
- Semi-rigid orthotics have moderate to large benefits in treating and preventing Plantar Fasciitis.<sup>2</sup>
- As compared to walking with no orthosis, Powerstep® resulted in a 33.19% reduction in Plantar Fascia strain.<sup>3</sup>
- Foot orthotics effectively treat ankle instability.<sup>4</sup>

## Relieving Foot Pain

- Visit your podiatrist or specialist to better understand your foot condition.
- Wear sturdy shoes that fit well and stabilize the heel.
- Minimize the time you walk barefoot.
- Ask your doctor about stretching exercises to loosen your foot and leg muscles.
- Wear Powerstep® ProTech orthotics in all your shoes.



Powerstep® is the #1 podiatrist recommended brand of prefabricated orthotics<sup>5</sup> and is an affordable option for mild to moderate foot conditions.

ProTech products model the same fit and function of custom-made products to provide proper foot support and stabilization.

**PRO**

The Powerstep® ProTech line is available from:

**Artinelli Foot Care Solutions**  
1750 Madison Avenue  
Suite #260  
Memphis, TN 38104

**WARNING:** Not intended for persons with severe foot deformities or circulatory disorders resulting in infections or foot ulcerations. Consult your podiatrist or medical professional before using. Always consult a medical professional when experiencing persistent pain, discomfort or swelling.

<sup>1</sup> Springgett, Otter and Barry. "A Clinical Longitudinal Evaluation of Pre-Fabricated, Semi-Rigid Foot Orthoses Prescribed to Improve Foot Function." *The Foot*. 17 (2007) 14-189.  
<sup>2</sup> Hume, P. Hopkins W, Rome K, Maulder P, Coyle G, and Nigg B. "Effectiveness of Foot Orthoses for Treatment and Prevention of Lower Limb Injuries." *Sports Med*. 2008;38(9):759-79.  
<sup>3</sup> Ferber R and Helling BA. "A Comparison of Different Over-the-Counter Foot Orthotic Devices on Multi-Segment Foot Biomechanics." *Prosthetics and Orthotics International*. May 26, 2015.  
<sup>4</sup> Douglas Ritchie, Jr., DPM. "Chronic Ankle Instability: Can Orthotics Help?" *Podiatry Today*, October 2006. Vol 19-Iss 10.

<sup>5</sup> Podiatry Management Online. "Which brand of pre-fabricated orthotics do you dispense in your office?" Survey. <http://podiatrym.com/photo.cfm?photoId=8884>. Nov 26, 2013.



Stable Step, LLC

1-888-237-3668 • [www.powerstep.com](http://www.powerstep.com)

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**PRO**



**Trusted Design, Proven Results.**

**Therapeutic orthotics for heel and arch comfort**