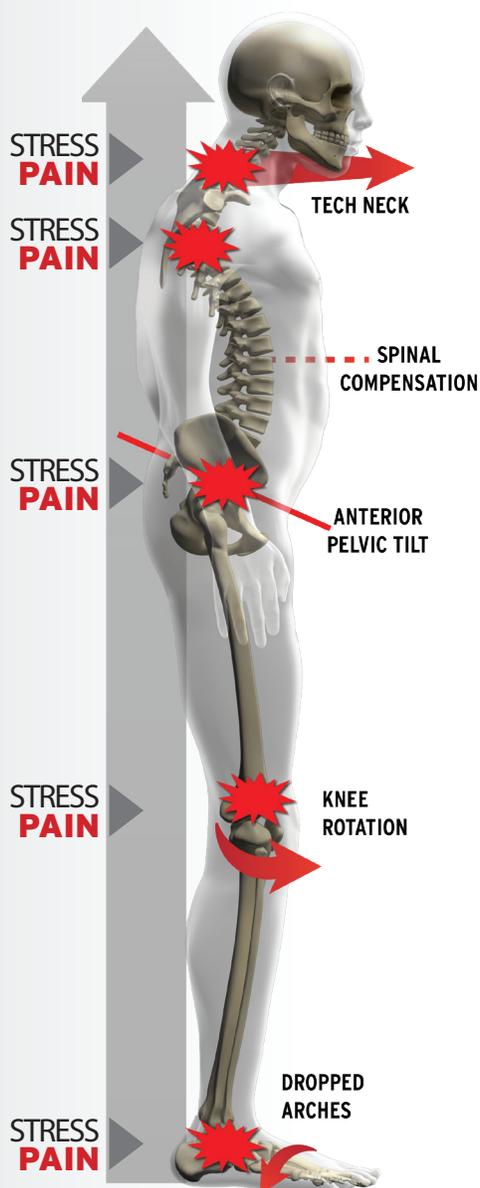


Your feet could be causing your back pain



All parts of your body are linked together. And your feet are the foundation of your body's structure.

That's why it's crucial to have proper foot support!

Your entire body is supported and balanced by your feet. When the vast majority of people walk, their foot rolls in. It's natural, and it's called **pronation**. **Pronation becomes a problem when it becomes excessive.**

When you **over-pronate**, the rest of your body begins to suffer. This includes pain in the knee, hip, and back.

Arch Collapse and Back Pain

Most people develop strong, flexible arches in childhood. Over time, the repetitive stresses of daily life typically cause the foot's arches to collapse.

The foundation provided by **the feet and legs must bear the weight of the entire body** (and considerably more during running and other sports). If there is **insufficient or inadequate support from your feet**, the spine will be exposed to abnormal stress that may **eventually develop into low back pain**.

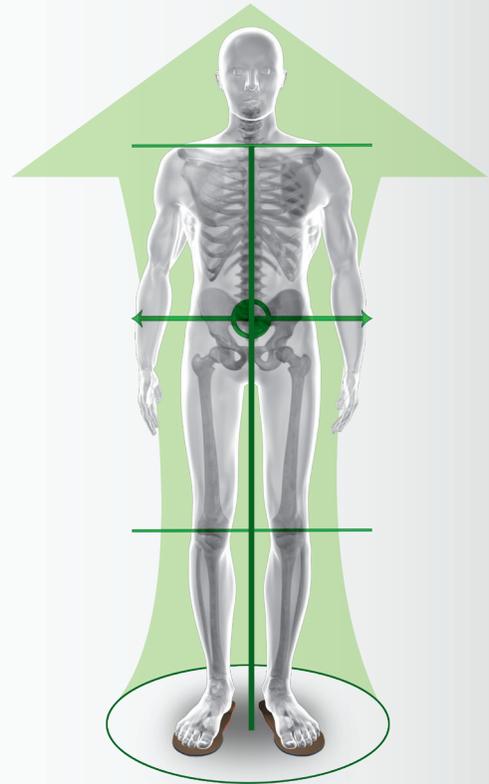
A 2017 study published in the Archives of Physical Medicine 2017 proved Foot Levelers Stabilizing Orthotics **reduced low back pain in participants by 34.5%**.

Orthotics and the Foot/Spine Connection

- **Standing:** The alignment of the arches in each foot has a significant impact on the position of the legs and pelvis. If your arches are collapsed, they can put the knee out of position and lead to increased pain. A research study found that **custom-made, flexible orthotics can significantly improve the alignment of the arches when standing.**³

- **Walking:** Foot Levelers custom orthotics are flexible and supportive to allow smooth transfer of the body's center of mass over the leg to **conserve energy⁴ and help eliminate pain.** Foot Levelers custom orthotics are the **ONLY ones that support all 3 arches of the foot!**

- **Postural benefits:** Improving foot alignment can help maintain knee, hip, pelvis, and even spinal postural alignment.⁵ Preventing hip, knee, or spinal joint degeneration requires the additional support and shock absorption provided by Foot Levelers custom orthotics. And a **pelvic or spinal tilt will often respond rapidly to orthotic support.**⁶ In short, Foot Levelers custom orthotics provide more comfort and help reduce pain!



With
Orthotics

ASK THE STAFF ABOUT GETTING A PAIR OF **FOOT LEVELERS ORTHOTICS**

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