Custom-Made vs. Over-the-Counter Orthotics

Why Orthotics?

Stabilizing orthotics are prescription shoe inserts. They’re custom-made to easily slide into your shoes and support the unique shape of your feet.

Just as everyone has a unique personality, everyone has a unique body structure and foot shape. The benefit of using custom-made orthotics—rather than generic, mass-produced ones—is that they’re perfectly fitted to you.

<table>
<thead>
<tr>
<th>COMPARISON BETWEEN OVER THE COUNTER INSERTS AND CUSTOM ORTHOTICS</th>
<th>OTC</th>
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</thead>
<tbody>
<tr>
<td>Maximum Comfort</td>
<td>✓</td>
</tr>
<tr>
<td>Premium Materials/Support</td>
<td>✓</td>
</tr>
<tr>
<td>Individually Designed for You</td>
<td>✓</td>
</tr>
<tr>
<td>Crafted by Hand</td>
<td>✓</td>
</tr>
<tr>
<td>3 Arch Advantage™</td>
<td>✓</td>
</tr>
<tr>
<td>Pelvic Stabilization</td>
<td>✓</td>
</tr>
<tr>
<td>Whole-Body Pain Relief</td>
<td>✓</td>
</tr>
<tr>
<td>1 Year, 100% Money-back Guarantee</td>
<td>✓</td>
</tr>
<tr>
<td>Clinically Proven</td>
<td>✓</td>
</tr>
<tr>
<td>Made in America</td>
<td>✓</td>
</tr>
</tbody>
</table>
What Stabilizing Orthotics Do For You

BEFORE
Unsupported

AFTER
Supported with Stabilizing Orthotics

FULL BODY PAIN
Your feet may not hurt, but they can cause stress and pain throughout the body.

Without Orthotics

PAIN RELIEF
Relieve pain by fixing biomechanics

PROVEN
Foot Levelers orthotics are proven to reduce pain and improve function

COMFORT
Foot Levelers orthotics provide comfort and pain-relief all day long

With Foot Levelers Orthotics
PROVEN

Foot Levelers custom orthotics are PROVEN to reduce Low Back Pain by 34.5%
What Orthotics Do For Your Body

Foot Levelers stabilizing orthotics were developed to improve your comfort level. Foot Levelers orthotics also help reduce low back pain, hip pain, and even neck pain. Learn more about each of these conditions and how Foot Levelers can help you live a pain-free lifestyle.

**Low Back Pain**
There are many possible reasons for low back pain, but spinal strain and postural fatigue account for about 70% of cases not caused by more serious conditions.

**Sacroiliac Joint Pain**
The sacroiliac (or SI) joints are the link between your spinal column and pelvis. They help absorb damaging shock forces and they also help stabilize the body and transmit weight to the lower limbs.

**Knee Pain**
There is no single cause for painful knee joints, but there are generally 2 types of contributing factors: traumatic and chronic. Your doctor will help determine the cause of your knee pain.

**Short Leg**
Leg length inequality (LLI) can cause pressure, stress, and pain in your knees, thighs, hips, pelvis, and spine.

Ask your doctor how Foot Levelers can help reduce pain.
What Orthotics Do For Your Feet

The pain you feel in your feet is debilitating and prevents you from living life to its fullest. Foot Levelers stabilizing orthotics offer relief from some of the most common foot conditions, including plantar fasciitis and metatarsalgia. Foot Levelers orthotics are a great solution if you’re experiencing foot pain.

Flat Feet
When a foot is severely pronated, or flat, it means its arches have fallen. Flat feet are less shock-absorbing for the bones, muscles, ligaments, and tendons of the entire body.

Plantar Fasciitis
The plantar fascia is the soft, springy tissue on the underside of the foot. With injury, wear and tear, or age, a painful ongoing condition may result: plantar fasciitis.

Chronic Ankle Instability
If your ankle frequently “gives way” while walking or during activity, or if you’ve suffered from multiple sprains, you may have chronic ankle instability.

Metatarsalgia
Metatarsalgia is pain in the ball of the foot. The soft, springy tissue beneath the foot is the support system for bones. With injury, wear and tear, or age, tissue deteriorates. Arches flatten, and toes may begin to crowd one another.

Ask your doctor how Foot Levelers can help reduce your Foot Pain
**STABILIZING ORTHOTICS**

MORE COMFORT. LESS PAIN.

1 FOR WORK. 1 FOR PLAY.

**Why you need more than one pair:**

**Problem**
With EVERY step, your feet can cause problems throughout your body:
- knee pain
- hip pain
- low back pain
- and even neck pain

**Solution**
Orthotics in EVERY pair of shoes help relieve pain and discomfort
What other patients are saying

“After three back surgeries, I couldn’t even walk a mile. I had a colleague recommend orthotics. After I got them, I put them in my shoes and went on a trip to New York City. We walked 9 miles. No pain. The amount of relief Foot Levelers orthotics provide is enormous. It's just an amazing improvement in quality of life.”

Kelley Andrews of Salem, VA

“I had lower back pain. I wasn’t sleeping very well. My mood was dropping and I began to have some knee issues. ... I saw multiple specialists and doctors who said I needed surgery. Fast forward a few months, and I feel like I’m healed. I owe my healing all to Dr. Stu (Weitzman) and Foot Levelers custom orthotics.”

Carla Churyk of Brewster, NY

“I bought two sets of Foot Levelers. One for my dressy shoes and one for my sneakers. I'm glad I did. Now I don’t have to move my orthotics from one pair of shoes to another. I’m always ready to go and “go” is something I like to do.”

Jackie Ann Dean of Springfield, MO

“One week into wearing my Fiji custom orthotic flip-flops, I can honestly see a huge improvement in my level of back pain! They are my new favorite pair of flip-flops.”

Niki Lazenby of Clermont, FL
I've had custom orthotics for years but was amazed when these arrived within a week to treat my neuroma! It was like going from a VW Bug to a Rolls Royce. The more I walked with the Foot Levelers, the better my feet felt! Six weeks later, I finished a 530-mile backpack trip, and I am ever so grateful to my Chiropractor and Foot Levelers.

- Sandy B.
Shoes with removable liner

Shoes without removable liner and tight-fitting shoes

Women’s dress shoes

(5th Avenue 1"

DRESS LENGTH

(5th Avenue 2"

To receive maximum support from your custom orthotics, consider orthotics for each of your shoes. Ask the doctor about the benefits of multiple pairs.

What types of shoes do you wear?

What is your activity level?

Extreme

You need EXTREME orthotics

Moderate

You need ULTRA orthotics
Choose a Top Cover

**Active**
Cambrelle® Top

Regulates foot and body temperature while controlling moisture.

Active orthotics are:
- Designed for ‘active’ shoes like runners, hikers, walkers, etc.

**Comfort**
TechCel™ Top

Provides extreme comfort and durability with an extra layer of cushion.

Comfort orthotics are:
- Perfect for those who stand for extended periods

**Luxury**
Lambson Leather™ Top

Luxurious leather top that slides comfortably into shoes.

Luxury orthotics are:
- Great for business professionals who wear dress shoes all day long

**Tough**
Tough Leather Top

Our toughest and most durable top for those who wear work boots or who need extreme durability.

Tough orthotics are:
- For those who are very hard on their footwear
Orthotics NEW

Exclusively for Women

- Stabilizing orthotics made just for women
- Slim design to fit easily into heels with 1 inch or 2 inches
- Soft yet durable top cover for a more comfortable feel
- Discreet support for dress shoes and even strappy sandals

5TH AVENUE FOR 1”

1” Heel
7/8 Length ITEM 0910711

5TH AVENUE FOR 2”

2” Heel
3/4 Length ITEM 0910710

5TH AVENUE LUXURY FOR 1”

1” Heel
Luxury ITEM 0910712
ULTRA THIN

5TH AVENUE LUXURY FOR 2”

2” Heel
Luxury ITEM 0913600
ULTRA THIN

DRESS LENGTH LUXURY

Dress Length ITEM 0912800
A high performance orthotic for the young athlete

• Helps establish healthy posture as kids grow, from the ground up
• Offers biomechanical support, which may help alleviate growing pains
• Helps keep kids stable and supported during sports or play
• Available with our Posture Protect Program™★

Full Length | ITEM 0913402
3/4 Length

Perfect for shoes and cleats with a tight toe box

Full Length | ITEM 0913402
3/4 Length | ITEM 0913401
**X³** Long Distance Runners

**Features**

- EXTREME PROPULSION with MPAX PRO materials for improved performance
- MORE ADVANCED technology
- Features double MPAX TECHNOLOGY

**101 Full Length ITEM 0913101**

**X³** Tight-Fitting Athletic Footwear

**Features**

- OUR THINNEST MPAX TECHNOLOGY athletic orthotic—perfect for cleats
- 53.2% lighter than any of our other orthotics

**101 Full Length ITEM 0913101**
SPECIALTY ORTHOTICS

**RELIEF**

**ELITE COMFORT™**

- Full Length  ITEM 0912911

Provides *elite comfort and durability* with an extra layer of cushion.

**MAGNETS**

**ELITE ENERGY XL™**

- Full Length  ITEM 0913000

May *enhance your energy*, edge, and performance.

*Contains magnets. Do not use if you are wearing a pacemaker or electrical implant of any kind, or if you are pregnant.*

**LEGALY**

**SPS®**

Foot Levelers is proud to offer the innovation that started it all, our Spinal Pelvic Stabilizers, the original design of company founder, Dr. Monte H. Greenawalt. As demand for his services grew, Foot Levelers, Inc. was born in 1952.

**GOLF**

**PARFLEX PLUS®**

- Full Length  ITEM 0910701

- Increases club head velocity 3-5 mph
- Helps wearer hit golf ball 9-15 yards farther
- Helps improve your body’s alignment
- Helps reduce your fatigue

*Contains magnets. Do not use if you are wearing a pacemaker or electrical implant of any kind, or if you are pregnant.*

**WATER RESISTANT**

**AQUAGUARD™**

- Full Length  ITEM 0910700

Great for high-humidity work environments or activities around water.

[Dr. Monte H. Greenawalt]

FootLevelers.com | f v v 15
Asics Cumulus 21
Color: Black/White  ITEM ASW0010
SIZES B = 6-11

Asics Cumulus 21
Color: Black/White  ITEM ASM0010
SIZES D, 2E = 7-14

Brooks Adrenaline 20
Color: Black  ITEM BRW0200
SIZES B, D = 5-11, 12

Asics 2000 8
Color: Black  ITEM BRW0400
SIZES B = 6-11

Asics 2000 8
Color: Piedmont Grey/White  ITEM ASW0040
SIZES B, D = 6-11

Asics 2000 8
Color: Piedmont Grey/Black  ITEM ASM0020
SIZES D = 7-14

Asics Cumulus 21
Color: Piedmont/White  ITEM ASW0020
SIZES B, D = 6-11
**Merrell Alverstone**  
Color: Charcoal  
ITEM: MEW0090  
SIZES: M = 7-12, 13, 14 • W = 7-12, 13, 14

**Merrell Moab 2 WP**  
Color: Boulder  
ITEM: MEM0090  
SIZES: M = 7-12, 13, 14 • W = 7-12, 13, 14

**OluKai Pehuea**  
Color: Pale Grey/Pale Grey  
ITEM: ONU0090  
SIZES: M = 5, 6-10, 11

**OluKai Moloa**  
Color: Ray/Toffee  
ITEM: OMN0020  
SIZES: M = 7, 8-12, 13, 14

**Clarks Un Darcey Cap**  
Color: Black Leather  
ITEM: CLW0150  
SIZES: M = 5-10, 11, 12 • W = 6-10, 11 (limited supply)

**Clarks Ramble Lo**  
Color: Black  
ITEM: CLM0016  
SIZES: M = 7-12, 13, 14, 15 • W = 7-12, 13

**Clarks Un.Loop™**  
Color: Black Leather  
ITEM: CLU0012  
SIZES: M = 5-10, 11, 12 • W = 6-10, 11

**Florsheim Cap Toe Oxford**  
Color: Black  
ITEM: FLM0020  
SIZES: M = 7-12, 13, 14, 15 • 3E = 7-11, 12, 13, 14, 15
CAOS Wave
Color: Black  ITEM CAW0010
SIZES B = 5-10  (WHOLE SIZES ONLY)

CAOS Riptide
Color: Black/Gray  ITEM CAM0010
Sizes D = 8-15  (WHOLE SIZES ONLY)

Naot Arthur
Color: Brown  ITEM NAM0040
Sizes M = 7-13  (WHOLE SIZES ONLY)
(3 ADJUSTABLE STRAPS)

Merrell Choprock
Color: Blue Smoke  ITEM MEW0070
SIZES M = 5-11

Merrell Choprock
Color: Black  ITEM MEM0070
SIZES M = 7-13, 14, 15

Naot Enid
Color: Vintage Slate  ITEM NAW0220
SIZES M = 5-11  (WHOLE SIZES ONLY)
1 1/4" Heel  (2 ADJUSTABLE STRAPS)

Naot Paris
Color: Black  ITEM NAW0140
SIZES M = 5-11  (WHOLE SIZES ONLY)
2" Heel  (1 ADJUSTABLE STRAP)

Naot Mikaela
Color: Brown  ITEM NAW0060
SIZES W = 5-11  (WHOLE SIZES ONLY)
(2 ADJUSTABLE STRAPS)  WIDE WIDTH SANDAL

Naot Papaya
Color: Gunmetal  ITEM NAW0230
SIZES W = 5-11  (WHOLE SIZES ONLY)

Roanoke
Color: Brown  ITEM ROA0010
SIZES 5-11  (WHOLE SIZES ONLY)

Roanoke
Color: Black  ITEM ROA0020
SIZES 5-11  (WHOLE SIZES ONLY)
CUSTOM ORTHOTIC FLIP-FLOPS

Maui™
Color: Black Pearl
ITEM CSW0060
SIZES D = 7-14 (WHOLE SIZES ONLY)

Fiji™
Color: Black Pearl
ITEM CSW0050
SIZES B = 5-11 (WHOLE SIZES ONLY)

Catamaran®
Color: Mahogany
ITEM CSW0020
SIZES D = 7-14 (WHOLE SIZES ONLY)

Fiji™
Color: Black Chevron
ITEM CSW0060
SIZES B = 5-11 (WHOLE SIZES ONLY)

Catamaran™
Color: Mahogany
ITEM CSW0190
SIZES B = 5-11 (WHOLE SIZES ONLY)

Vegas™
Color: Black
ITEM CSW0160
SIZES B = 5-11 (WHOLE SIZES ONLY)

Midnight Breeze®
Color: Black
ITEM CSW0020
SIZES B = 5-11 (WHOLE SIZES ONLY)

Seabreeze®
Color: Shell
ITEM CSW0010
SIZES B = 5-11 (WHOLE SIZES ONLY)

Bling™
Color: Black
ITEM CSW0030
SIZES B = 5-11 (WHOLE SIZES ONLY)

Catamaran™
Color: Mahogany
ITEM CSW0190
SIZES B = 5-11 (WHOLE SIZES ONLY)

OUR MOST POPULAR
CUSTOM ORTHOTIC FLIP-FLOP

Bling™
Color: Black
ITEM CSW0030
SIZES B = 5-11 (WHOLE SIZES ONLY)

Styles and colors may vary slightly. † No factory liner.
Heel lifts not recommended for Naots.
MORE COMFORT.

LESS PAIN.

Only Foot Levelers has orthotics PROVEN to reduce Low Back Pain

Ask the staff how Foot Levelers can help eliminate your pain

FootLevelers.com