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>
</tr>
</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.

<table>
<thead>
<tr>
<th>WITHOUT ORTHOTICS</th>
<th>WITH FOOT LEVELERS ORTHOTICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tilt</td>
<td>PROVEN</td>
</tr>
<tr>
<td>Rotation</td>
<td>Foot Levelers orthotics are proven to reduce pain and improve function</td>
</tr>
<tr>
<td>Pronation</td>
<td>COMFORT</td>
</tr>
<tr>
<td></td>
<td>Foot Levelers orthotics provide comfort and pain-relief all day long</td>
</tr>
</tbody>
</table>

PAIN RELIEF

Relieve pain by fixing biomechanics
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 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-absorbent 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 the bones. With injury, wear and tear, or age, this tissue deteriorates. Arches flatten, and toes may begin to crowd one another.

Ask your doctor how Foot Levelers can help reduce your Foot Pain

Flat Feet
Plantar Fasciitis
Chronic Ankle Instability
Metatarsalgia
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.

1 FOR WORK. 1 FOR PLAY.

Why you need more than one pair:
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
STABILIZING ORTHOTICS

Our #1 Doctor Recommended Orthotic

InMotion® improves performance in active patients

Designed for Everyday Activities

- Remove/wick away moisture 4x faster
- Help control odor and bacteria
- Includes DRS-X™ and the patented Gait Cycle System® for extra shock absorption
- Top cover provides better grip during athletic activity

“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 (upto 1”)

5th Avenue 1”

(Between 1 & 2”)

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.

**AVAILABLE IN:**
- EXTREME
- ULTRA

---

**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

**AVAILABLE IN:**
- EXTREME
- ULTRA

---

**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

**AVAILABLE IN:**
- EXTREME
- DRESS LENGTH
- ULTRA

---

**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

**AVAILABLE IN:**
- EXTREME
- ULTRA
Orthotics \textsuperscript{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 LUXURY FOR 1”

1” Heel
Luxury ITEM 0910712
ULTRA THIN

5TH AVENUE FOR 2”

2” Heel
3/4 Length ITEM 0910710

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™

**Ultra Young Soles**

**AGES 5-12**

- Full Length
- ITEM 0910702

**CPOYA™**

**CONCERNED PARENTS OF YOUNG ATHLETES**

**YOUNG ATHLETES 13-18**

Full Length Offers full foot support with added propulsion

- Full Length
- ITEM 0913402
Long Distance Runners

More Advanced Features double MPAX™ Technology with materials for improved performance

Tight-Fitting Athletic Footwear

Features MPAX™ Technology, our thinnest athletic orthotic—perfect for cleats, 53.2% lighter than any of our other orthotics

Full Length ITEM 0913103

Full Length ITEM 0913101
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 0910300
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.

LEGACY
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
*Published in JMPT, 1997-2001

WATER RESISTANT
AQUAGUARD™
Full Length ITEM 0910700
Great for high-humidity work environments or activities around water.
**Brooks Adrenaline GTS**
Color: Black  
**ITEM**: BRW0200  
**SIZES**: B, D 7-12, 13, 14, 15  
**MEN**

**Brooks Ghost 13**
Color: Black/Pearl/Hushed Violet  
**ITEM**: BRW0230  
**SIZES**: B, D 5-11, 12  
**WOMEN**

**Merrell MQM Flex 2**
Color: Rock/Wave  
**ITEM**: MEW0110  
**SIZES**: B = 5-11  
**WOMEN**

**OluKai Pehuea Leather**
Color: Lave Rock  
**ITEM**: ONW0150  
**SIZES**: M = 5, 6-10, 11  
**WOMEN**

**OluKai Moloa**
Color: ASH/Dark Wood  
**ITEM**: ONM0090  
**SIZES**: M 7, 8-12, 13, 14  
**MEN**

**Florsheim Cap Toe Oxford**
Color: Black  
**ITEM**: FLM0020  
**SIZES**: D = 7-12, 13, 14, 15 • 3E = 7-11, 12, 13, 14, 15  
**MEN**

**Brooks Adrenaline GTS**
Color: Black  
**ITEM**: BRW0200  
**SIZES**: B, D 7-12, 13, 14, 15  
**MEN**

**Brooks Ghost 13**
Color: Primer Cey/Pearl/Black  
**ITEM**: BRM0260  
**SIZES**: D, 2E 7-12, 13, 14, 15  
**MEN**

**Brooks Ghost 13**
Color: Primer Cey/Pearl/Black  
**ITEM**: BRM0260  
**SIZES**: D, 2E 7-12, 13, 14, 15  
**MEN**

**Merrell Moab 2 WP**
Color: Beluga  
**ITEM**: MEM0120  
**SIZES**: M = 7-12, 13, 14, 15 • W = 7-12, 13, 14  
**MEN**

**Merrell Moab 2 WP**
Color: Beluga  
**ITEM**: MEM0120  
**SIZES**: M = 7-12, 13, 14, 15 • W = 7-12, 13, 14  
**MEN**

**Brooks Ghost 13**
Color: Primer Cey/Pearl/Black  
**ITEM**: BRM0260  
**SIZES**: D, 2E 7-12, 13, 14, 15  
**MEN**

**Brooks Adrenaline GTS**
Color: Black  
**ITEM**: BRW0200  
**SIZES**: B, D 7-12, 13, 14, 15  
**MEN**
Different Activities Need Different Orthotics

Stay aligned and in balance with every step. Ask the staff about orthotics for all your shoes.
CAOS Wave
Color: Black  ITEM CAWO010
SIZES B 5-10 (WHOLE SIZES ONLY)

CAOS Riptide
Color: Black/Gray  ITEM CAMO010
SIZES D 8-15 (WHOLE SIZES ONLY)

Naot Arthur
Color: Brown  ITEM NAMO040
SIZES M 7-13 (WHOLE SIZES ONLY)
(3 ADJUSTABLE STRAPS)

Naot Enid
Color: Vintage Slate  ITEM NAWO020
SIZES M 5-11 (WHOLE SIZES ONLY)
1 1/4" Heel (2 ADJUSTABLE STRAPS)

WOMEN

MEN

Roanoke
Color: Brown  ITEM ROAO010
SIZES 5-11 (WHOLE SIZES ONLY)

Roanoke
Color: Black  ITEM ROAO020
SIZES 5-11 (WHOLE SIZES ONLY)

Roanoke
Color: Black  ITEM ROAO020
SIZES 7-13 (WHOLE SIZES ONLY)

Roanoke
Color: Brown  ITEM ROAO010
SIZES 7-13 (WHOLE SIZES ONLY)

DO NOT USE THOSE FLAT AND DESTRUCTIVE RETAIL FLIP-FLOPS
THEY WILL CAUSE PAIN AND DISCOMFORT

PLANTAR FASCIITIS RISK INCREASE
NO ARCH SUPPORT
INCREASED RISK OF DISCOMFORT AND INJURY

YOUR FEET ARE YOUR FOUNDATION™

FootLevelers.com | Your Feet Are Your Foundation™
CUSTOM ORTHOTIC FLIP-FLOPS

Maui™
Color: Black Pearl  ITEM  CSM0060
SIZES  B = 5–11 (WHOLE SIZES ONLY)

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

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

Maui™
Color: Black Pearl  ITEM  CSM0060
SIZES  D = 7–14 (WHOLE SIZES ONLY)

Maui™
Color: Black Pearl  ITEM  CSM0060
SIZES  D = 7–14 (WHOLE SIZES ONLY)

Catamaran®
Color: Mahogany  ITEM  CSW0020
SIZES  B = 5–11 (WHOLE SIZES ONLY)

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

Midnight Breeze®
Color: Black  ITEM  CSW0030
SIZES  B = 5–11 (WHOLE SIZES ONLY)

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

Catamaran®
Color: Mahogany  ITEM  CSW0190
SIZES  D = 7–14 (WHOLE SIZES ONLY)

Vegas™
Color: Black  ITEM  CSW0160
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)

MEN

WOMEN

WOMEN

WOMEN

WOMEN

WOMEN

WOMEN

WOMEN

WOMEN

WOMEN

WOMEN

WOMEN

FootLevelers.com  |  19

Styles and colors may vary slightly.
80% of people will experience LBP once in their life.

37% of adults say LBP affects their ability to sleep.

34.5% reduction of LBP with Foot Levelers custom orthotics, proven by recent study.

Ask us how Foot Levelers Custom Orthotics can help treat back pain.