



Orthotics Clinically Proven To Relieve and Prevent Pain

Proven Effective in Clinical Studies

> PowerStep® is clinically proven to improve foot function.

- PowerStep® decreases foot pain and increases the sense of foot stability and mobility over the short term and for at least one year.¹
- As compared to walking with no orthosis, PowerStep® resulted in a 33.19% reduction in Plantar Fascia strain.¹⁵
- When compared to two other over-the-counter devices on the market, only PowerStep® exhibited significant decreases, 18.2%, in peak rearfoot eversion.¹⁵
- After 4 weeks of use, the majority of PowerStep® users experience a significant improvement in comfort.¹
- PowerStep® significantly increases comfort regardless of the nature of the presenting complaint.¹
- By changing frontal plane alignment, PowerStep® significantly changes rearfoot alignment, bringing the rearfoot closer to a vertical position.¹
- PowerStep® orthotics have been shown to change frontal plane alignment significantly.¹
- 73% of people still find PowerStep® beneficial after 15 months of use.¹



> PowerStep® orthotics are an effective, efficient and economical alternative to custom orthotics in treating plantar heel pain.

- Within 4 weeks of use, PowerStep® is just as effective in reducing foot pain and disability as custom fabricated orthoses.²
- PowerStep® provides a short-term benefit equivalent to custom orthoses at considerably reduced costs.²
- PowerStep® is a cost-effective alternative to custom fabricated orthoses.²
- PowerStep® orthotics provide the same therapeutic outcome for heel pain as casted orthoses but are cheaper to supply and can be held as a stock item for immediate supply to the patient, thereby improving the patient experience.³



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.



> **Orthotics incorporating a rigid, plastic component are superior** in reducing pain associated with Plantar Fasciitis and are quicker to alleviate pain.

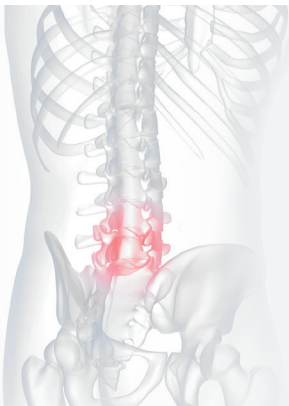


- Thin, non-supportive orthotics do not have any effect on Plantar Fasciitis pain.⁴
- Semi-rigid orthotics have moderate to large benefits in treating and preventing Plantar Fasciitis.⁵
- Both soft, supportive foam orthotics and foam-covered rigid self-supporting plastic orthotics have a significant effect on pain levels; however, foam-covered rigid self-supporting plastic orthotics are superior in pain reduction and quicker in pain free time.⁴

> **Custom orthotics are not necessarily better than prefabricated orthotics.**

- There is no current evidence to support the notion of custom orthotics being more effective than prefabricated orthotics for Plantar Fasciitis.⁶
- While foot orthoses have a role in managing plantar fasciitis, lack of sufficient evidence prevents any kind of determination on whether customized orthoses are more effective than prefabricated devices.⁶
- Evidence supports the use of foot orthoses to prevent a first occurrence of lower limb overuse conditions and shows no difference between custom and prefabricated foot orthoses.⁷
- When used in conjunction with a stretching program, a prefabricated shoe insert is more likely to produce improvement in symptoms as part of the initial treatment of proximal Plantar Fasciitis than a custom polypropylene orthotic device.⁸

PowerStep® PULSE® Performance



> **Foot orthotics can help improve posture control and may help prevent and treat low back pain.**

- There is moderate evidence to support the use of foot orthotics in the treatment of chronic ankle instability to help improve postural control.¹²
- Pronated foot function may contribute to low back symptoms in women. Interventions that modify foot function, such as orthoses, may therefore have a role in the prevention and treatment of low back pain.¹³

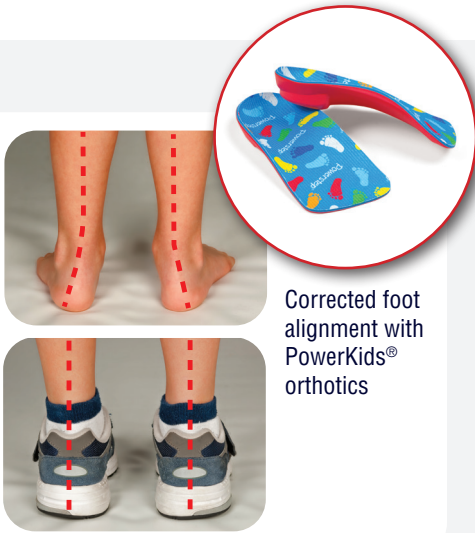
> **Prefabricated orthotics provide postural steadiness.**

- Orthotic insoles significantly improve postural sway by reducing the range of postural sway, providing more postural steadiness.⁹



> **Flat-footed individuals benefit from the use of orthotics.**

- Using a foot insole improves foot alignment and decreases energy consumption of flat-footed individuals during walking.¹⁰
- There is significant improvement in symmetry of steps and walking speed with a functional foot orthosis in comparison to a medical shoe in flat foot children.¹¹
- The prescription of a functional foot orthosis with regular shoes might be a good alternative for children with moderate flat foot as orthopedic shoes are heavy and expensive and most children are reluctant to use them.¹¹



> **Foot orthotics are effective in treating ankle instability.**

- There is significant evidence that foot orthotics address mechanical and functional instability of the ankle.¹⁴
- Foot orthotics have the potential to enhance sensory feedback for improvement of balance and postural control.¹⁴
- Foot orthotics could address the mechanical components of ankle stability by reducing strain around the soft tissue structures of the ankle and enhancing muscular strength for stability.¹⁴
- Some studies show impressive improvements in balance when combining a prefabricated device with medial posting.¹⁴
- Researchers attribute positive results with foot orthotics improving postural control to the fact that they optimize positioning of the foot.¹⁴
- Efforts to reduce pronation of the foot are more successful in improving ankle instability than strategies that prevent supination or inversion.¹⁴
- Foot orthoses may enhance balance and proprioception by stimulating the sensors on the plantar surface of the foot.¹⁴



Sources

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