

PRODUCT TREATMENT SHEET

CONDITIONS — please review the common foot conditions below & find the Synxsole product that can help relieve and prevent pain and symptoms.

		synxsole	synxplus	synxgeli								
		INSOLES	FOOT & ANKLE SLEEVE	BUNION SHIELDS	BUNION SLEEVES	FOREFOOT CUSHIONS	HEEL CUSHIONS	HEEL SOCKS	POWER INSOLES	TOE CRESTS	TOE SLEEVES	TOE SEPARATORS
ACHILLES TENDONITIS An injury of the Achilles tendon, which connects the calf muscle to the heel bone. Heel pain & tenderness are key symptoms. Occasionally a growth may develop resulting in pain and rubbing when wearing shoes.		✓	✓				✓	✓	✓			
ANKLE PAIN Gout, arthritis, tendonitis or ankle injuries can lead to pain being experienced in the ankle joint.		✓	✓						✓			
ANKLE SPRAIN An injury that occurs when the ankle rolls, twists or turns in an awkward way. This can stretch or tear the tough bands of tissue (ligaments and tendons) that help hold the ankle bones together. A sprained ankle causes swelling, pain & limited range of motion.		✓	✓						✓			
ARTHRITIS Arthritis is inflammation of one or more joints, causing pain and stiffness that can worsen with age. Different types of arthritis exist, each with different causes including wear and tear, infections and underlying diseases.		✓	✓	✓	✓	✓			✓	✓	✓	
BALL OF FOOT PAIN (METATARSALGIA) When your metatarsal bones are injured, inflamed, or abnormal, you might feel intense pain in the ball of your foot. Common causes are genetic predisposition, disease (like arthritis), or injuries.		✓	✓			✓			✓	✓		
BLISTERS A small bubble on the skin filled with serum & caused by friction, burning, or other damage.						✓		✓	✓	✓	✓	✓
BUNIONS A bunion is a deformity of the big toe, with a toe that points at a sideways angle towards your second toe. There is also a bump on the inner side of the foot. As the bunion becomes more prominent, bunion pain can develop.		✓		✓	✓							
BURNING FEET A burning sensation in your feet may be caused by wearing high heels, abnormal gait pattern or callus under the foot or as a result of nerve damage in the legs, also called neuropathy.		✓	✓			✓			✓	✓		
CALLUSES A callus is a thickened & hardened part of the skin or soft tissue, especially in an area that has been subjected to excess pressure or friction.		✓			✓	✓			✓	✓	✓	
CAPSULITIS Capsulitis is a condition in which the ligaments surrounding the joint base become inflamed, it is most common at the base of the second toe. Symptoms can often be described as burning under the second toe and reduced mobility.		✓	✓			✓			✓	✓		
CLAW, HAMMER OR MALLET TOE Claw toes result from a muscle imbalance which causes the ligaments & tendons to become unnaturally tight. This results in the joints curling downwards.		✓								✓	✓	
CORNS Corns are hard, thickened areas of skin that form due to rubbing, friction, or pressure on the skin. Corns generally occur on the tops, sides or in-between the toes or under the foot.		✓				✓				✓	✓	✓

PRODUCT TREATMENT SHEET

CONDITIONS — please review the common foot conditions below & find the Synxsole product that can help relieve and prevent pain and symptoms.

		synxsole	synxplus	synxgeli								
		INSOLES	FOOT & ANKLE SLEEVE	BUNION SHIELDS	BUNION SLEEVES	FOREFOOT CUSHIONS	HEEL CUSHIONS	HEEL SOCKS	POWER INSOLES	TOE CRESTS	TOE SLEEVES	TOE SEPARATORS
<p>CRACKED HEELS Poorly fitting shoes, or standing for long periods of time & dry skin usually cause cracked heels. When weight & pressure are applied to the fat pad under the heel, the skin expands sideways causing extreme pain.</p>								✓	✓			
<p>FLAT FEET (PRONATED) A condition in which the arch of the foot rolls inwards.</p>		✓	✓					✓		✓		
<p>HEEL PAIN Heel pain is most often caused by plantar fasciitis & may also be due to other causes, such as a stress fracture, tendonitis, arthritis, nerve irritation or rarely a cyst.</p>		✓	✓					✓	✓			
<p>HEEL SPURS A heel spur is a calcium deposit causing a bony protrusion on the underside of the heel bone. They are frequently associated with plantar fasciitis and can be asymptomatic in some cases.</p>		✓	✓					✓	✓			
<p>MORTON'S NEUROMA A thickening of the tissue around a nerve leading to the toes which may be caused by pressure or injury, such as from running or use of high heels or tight shoes. It may feel like a pebble in a shoe or a fold in a sock or a sharp, burning pain or numbness in the ball of the foot or toes.</p>		✓	✓			✓					✓	
<p>PLANTAR FASCIITIS An inflammation of a thick band of tissue that connects the heel bone to the toes with the inflamed tissue running across the bottom of the foot. Symptoms include stabbing pain near the heel. Pain is likely to be worse in the morning.</p>		✓	✓			✓	✓	✓				
<p>SESAMOIDITIS This is a common ailment that affects the forefoot, typically in young people who engage in physical activity like running, dancing or sports. As the bones are actually within the tendons, Sesamoiditis is really a kind of tendonitis – the tendons around the bones also become inflamed.</p>		✓	✓		✓	✓			✓	✓		
<p>SEVER'S DISEASE (HEEL PAIN IN CHILDREN) otherwise known as calcaneal apophysitis is an inflammation of the growth plate in the heel of growing children. The condition presents as pain in the heel and is caused by repetitive stress to the heel and is thus particularly common in active children.</p>		✓	✓					✓	✓	✓		
<p>SWELLING / SWOLLEN FOOT & ANKLE Foot, leg, & ankle swelling is also known as edema, which refers to an accumulation of fluid in these parts of the body. The build-up of fluid usually isn't painful but can be uncomfortable and make the leg feel heavy.</p>		✓	✓									