




Relax Ya Feet! 

# FIGHTING THE WAR ON FOOT PAIN

## 2019 PILOT SURVEY RESULTS



Plantar fasciitis is one of the most common sources of heel pain. Unsupportive footwear is a leading cause of plantar fasciitis.

Aussie Soles work with podiatrists to fight the war on foot pain by creating supportive lifestyle and sports recovery sandals.

**159** Respondents from the College of Podiatry took our survey in November 2019



Would recommend **Aussie Soles** as a healthy alternative to flat sandals

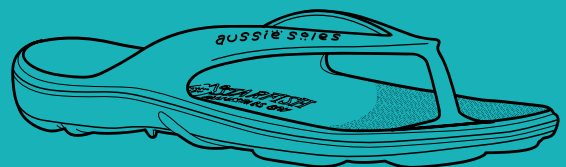
**54%** Of respondents have **general podiatry** skillsets

**26%** Of respondents have **sports or biomechanic** skillsets



Would recommend **Aussie Soles** for recovery after exercise

**95%** Treated foot pain from **plantar fasciitis** in the last month



**97%** Agree that **arch support** is important in treating plantar fasciitis



### TOP 10 PLANTAR FASCIITIS / FASCIOPATHY TREATMENTS

- 1  
Stretch and massage
- 2  
Supportive footwear
- 3  
Bespoke orthotics
- 4  
Shockwave therapy
- 5  
Steroid Injections
- 6  
KT tape and strapping dye
- 7  
RICE and ice therapy
- 8  
Low level laser
- 9  
Ultrasound
- 10  
Surgery