

Which are you?

High Arch



High arches result from excessively tight muscles in the feet. When wearing Step Forward Orthotics your muscles will develop, and over time the arch will flatten a little, becoming more like an ideal arch.

Ideal Arch



Ideal arches carry weight more evenly over the length of the foot. They generally suffer less from over-pronation and from over-supination. This is the shape of Step Forward Orthotics, hence giving your feet the perfect template to copy.

Flat Foot



Flat feet result from excessively loose muscles in the feet. When wearing Step Forward Orthotics your muscles will develop, and over time the arch will rise a little, becoming more like an ideal arch.

Get a pair today!

- You will find Step Forward at many shows & exhibitions. Try them. Buy them. No pressure or obligation.
- You can visit one of our Clinical Consultants. These doctors, chiropractors and therapists will order a pair for you after taking your foot print.
- To buy a pair if you cannot get to a show or a Consultant, please call or email the Step Forward office. We'll suggest some options for having a fitting. A home visit service is available in many areas.



"my feet feel better using Step Forward Orthotics compared with any other orthotics" (chiropractor) "for the first time I can walk without pain" "Thank you Step Forward. You have changed my life." "a simple solution to a complex problem" "never since have I had to return to the specialist" "I wear them always – for competitive dancing and general wear." "We would not consider going back to custom-made orthotics" "I used to have very sore heels. After 10 days of breaking in Step Forward Orthotics, I had no pain and I've been pain free for 12 months now"

Visit our website for the full stories and other testimonials.

Step Forward Orthotics

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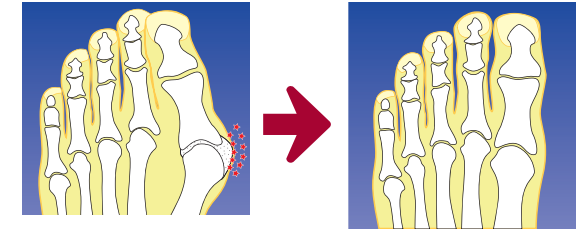
www.stepforward.com.au

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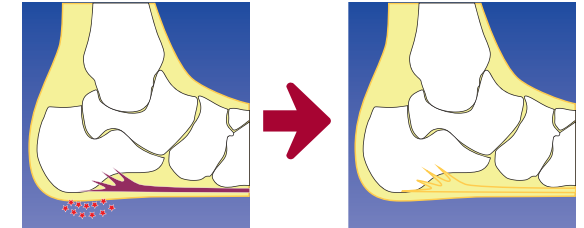
Flexing Foot Correctors

Bunion?



Correct your bunions without surgery!

Heel Pain?



Best relief from heel pain & spurs!

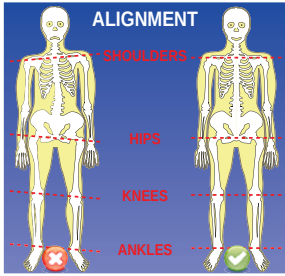
Misaligned feet can be a cause of pain in the heels, back, knees, arches, toes, ankles, hips & shoulders.



As used by physiotherapists, doctors, chiropractors, osteopaths, therapists, and many other health care professionals around the world.

Made in USA since 1974

Features & benefits



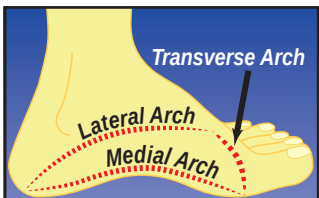
When foot posture is incorrect the entire body structure is incorrect. Weak arches or misaligned bones can lead to painful conditions throughout the body including feet, knees, hips, back, neck and shoulders.

Most arch supports are made to fit the unbalanced or troubled foot. Step Forward Orthotics are made in the shape of an ideal foot so that, in time, your foot will re-shape to the orthotic. This corrects the foot.

Our approach is this: The foot will change its shape according to what supports it. Just as poor biomechanics can produce misalignment, so the Step Forward Orthotic can correct the foot to the ideal shape. Hundreds of thousands of people throughout the world wear Step Forward Orthotics. They are sold by doctors, physiotherapists, chiropractors, osteopaths, sports trainers and other therapists.

Try our orthotics today. You and your feet will feel better!

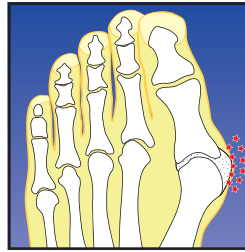
- Support 3 main arches = Ideal support & alignment
- Align knees, hips & back = Benefit not just the feet
- Light and flexible = Comfortable to wear
- Typical life 10-15 years = Economical, good value
- Swap from shoe to shoe = Only one pair needed
- Fit 90% of footwear = No need for new shoes
- Increase circulation = Good for diabetics
- Strengthen the foot = Long lasting benefits
- Used by athletes = Better performance
- Non absorbent = No odour
- Hypoallergenic = No negative reactions
- Made in USA = Quality & reliability



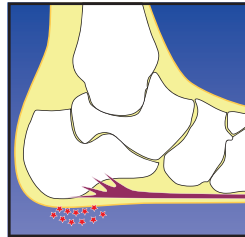
Muscles, ligaments and tendons pull the bones into three arches. The **medial arch** runs along the inside of the foot (near the other foot). The **lateral arch** runs along the outside of the foot (opposite the other foot). The **transverse arch** (metatarsal arch) runs from side to side (immediately behind the toes).

All 3 arches need to be correctly supported and exercised.

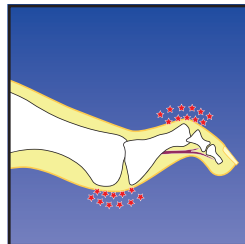
Common foot ailments and alignment issues



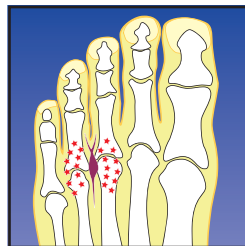
Bunions: Also known as *Hallux Valgus*. An inherited way of standing and walking can push the big toe across towards (and crowding) the other toes. Calcium builds up at the joint to form an ugly lump. A straight flexible toe is important for balance. Using our orthotics and a simple exercise, many people have found relief and slow progressive correction, resulting in a straight toe without surgery.



Heel Pain: If you experience terrible pain under the heel when you first step from bed in the morning, or rise from a chair, then you probably have *plantar fasciitis*. This is a chronic inflammation of the plantar fascia, a ligament-like structure that passes from heel to forefoot. The inflammation is caused by the fascia partially pulling away from the heel. **Heel spurs** (calcium deposits) may then form. Most treatments are for the symptom. Our orthotics focus on the cause of the condition by developing the muscles and fascia.



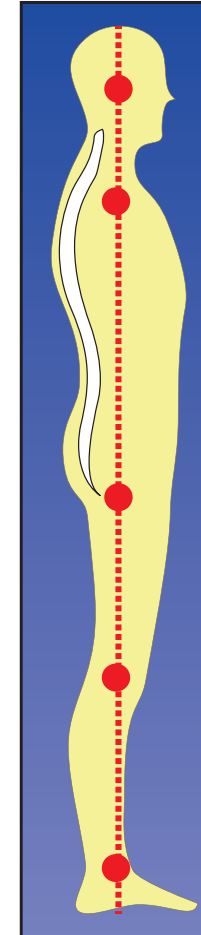
Hammertoes: In this condition, the middle of the toe rises up and the tip of the toe points down. It will generally affect only the second, third and fourth toes. It is nearly always associated with a dropped transverse arch (too much pressure under the ball of the foot). Our orthotics reduce the pressure under the ball of the foot and, with a gentle exercise, many people have found relief and slow progressive correction.



Neuromas: Also known as *Morton's neuroma*, *metatarsalgia* or *neuropathy*. It is a feeling of burning, numbness or pain in the forefoot, frequently starting between the third and fourth toes. It develops when the nerve between two metatarsal heads is pinched and bruised. It is frequently associated with a dropped transverse arch, tight shoes or repeated jolts to the forefoot.

Our orthotics raise this arch, eliminate the pinching and can alleviate the condition.

Calluses and Corns: Calluses (usually under the ball of the foot or under the heel) are the result of too much pressure. Corns are more localised hard lumps (usually around the toes) due to pressure and rubbing. These can be expected to improve when wearing Step Forward Orthotics.



Ankles & Knees: Knees and ankles are hinge joints. If the foot pronates (tilts inward) or supinates (rolls out) as you walk, your ankles and knees are going to suffer undue wear and tear. Correct support of the medial and lateral arches can bring immediate relief to these joints. Most orthotics have medial arch support, but very few have significant lateral arch support. Step Forward supports all three arches.

Lower Back: Lumbar pain is very common, and much of it is a direct result of poor posture. With correct posture a single vertical line will intersect the ankles, knees, hips, shoulders and ears. The moment you stand on Step Forward Orthotics you will immediately feel your posture improve.

Sciatica: This is generally felt as a pain down the outside of the legs. People who have both a lower back condition and who hyperpronate are more likely to develop sciatica.

Pelvic Alignment: A wide range of problems can result if the pelvis is tilted or rotated. Examples include apparent leg length difference, scoliosis or pain in the lower back, hips or thighs. Many therapists have reported good results in correction of these problems simply by the use of Step Forward Orthotics.

Other Conditions: Over the years (since 1974) we've had testimonials from customers and doctors about an incredibly long list of conditions. You are welcome to ask about conditions not mentioned here.

Medical Advice: Symptoms can be due to a wide range of causes. Only a qualified medical practitioner can diagnose your condition. This brochure explains how Step Forward Orthotics can be helpful in many situations, but must not be taken as medical advice.

Step Forward Orthotics will:

- Immediately align and support the bones in your feet, and
- Exercise and strengthen the muscles in the feet.

Together, these two things will train your feet to return to the correct form. Problems caused by misaligned feet can be

