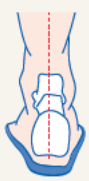
Proven Effective in Clinical Studies

> Powerstep® is *clinically proven* to improve foot function.

- Powerstep® decreases foot pain and increases the sense of foot stability and mobility over both the short term and for at least one year.[1]
- 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]

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.

> 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]

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

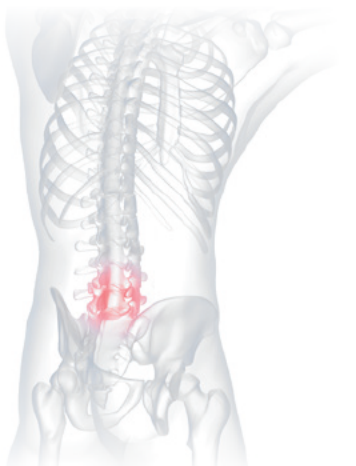
- Thin, non-supportive orthotics do not have any effect on Plantar Fasciitis pain.[4]
- Semi-rigid orthotics have moderate to large benefits in treating and preventing Plantar Fasciitis.[5]
- Both soft, supportive foam orthotics and foam-covered rigid self-supporting plastic orthotics have a significant 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.

Powerstep® Pinnacle 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]

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



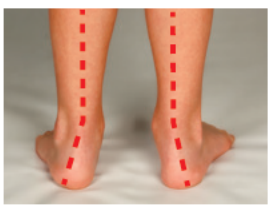
- There is moderate evidence to support the use of foot orthotics in the treatment of chronic ankle instability to help improve postural control.[12]
- Pronated foot function may contribute to low back symptoms in women. Interventions that modify foot function, such as orthoses, may therefore have a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



Corrected foot alignment with PowerKids® orthotics

> 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]

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