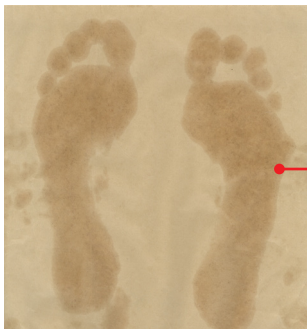


*Do you know what type of foot you have?
90% of people don't know!*

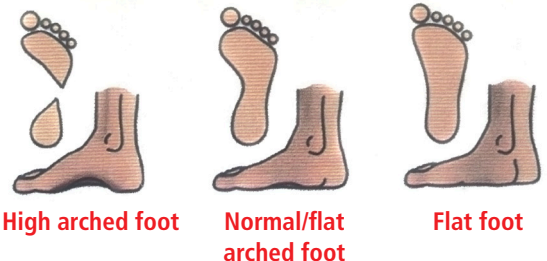
TO FIND OUT:

1. Put vaseline or any grease on the bottom of your foot.



2. Press your foot down on a brown paper bag.

3. Now match your footprint to the diagram



Eg: If the footprint matches the flat foot image = the person has a flat foot!

Do you know your footprint can change?

Do you know all the problems which can happen to you with a flat foot?

Potential Problems!

Flat Foot · Flexible Foot · Arch on Ground



Flat Foot

Over-pronation - means that the arch is on the ground

Potential problems:
Plantar Fasciitis, heel spurs, bunions,
knee and back problems.



Medium Arch

Moderately flexible foot

Potential problems:
Heel pain, metatarsalgia



High Arch

Very rigid foot arch

Sits higher from ground

Well defined arch, Excessive pressure
to rear and front of foot.

Potential problems: Plantar Fasciitis, heel
pain, arch strain, metatarsalgia calluses,
claw toes