

Footmaxx™

Do You Suffer From Foot Pain?

Custom orthotics are typically worn in the shoe to **comfort and support** a person's feet. They can help with a variety of ailments.

While shoe inserts are available over-the-counter, **they only offer cushioning and not support**. If you have flat feet or other issues, you will benefit from custom orthotics, which are designed to **fit your feet exactly**.

Here are some of the conditions Footmaxx custom orthotics can help with:

PLANTAR FASCIITIS



Symptoms

Stabbing pain in the bottom of your foot, near the heel. Often felt first-thing in the morning, or after exercise.

Causes

Age, overuse, the way you walk, foot mechanics, extra weight, prolonged standing.

How custom orthotics help Plantar Fasciitis:

By stabilizing the foot in a proper position for healing.

MORTON'S NEUROMA



Symptoms

Pain in the ball of the foot, feels like you are standing on a pebble, tingling or numbness in your toe.

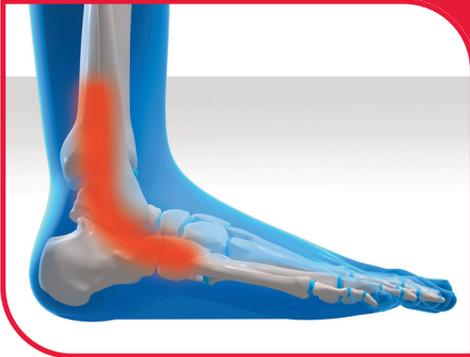
Causes

High heels, poorly-fitting footwear, high arches, flat feet.

How custom orthotics help treat Morton's Neuroma:

By reducing pain and inflammation from Morton's neuroma, and helping control abnormal foot movement.

POSTERIOR TIBIAL TENDONITIS



Posterior Tibial Tendonitis occurs when the posterior tibial tendon becomes inflamed or torn. As a result, the tendon may not be able to provide stability and support for the arch of the foot, resulting in flat feet.

Symptoms

Pain along the inside of the foot and ankle, pain that is worse with activity, pain on the outside of the ankle.

Causes

An injury, overuse.

How custom orthotics help treat Posterior Tibial Tendonitis:

By controlling the position of the foot.

BUNIONS



Symptoms

A bump on the outside of your big toe, swelling and redness around big toe joint, pain, restricted movement of big toe.

Causes

Genetics, injury, improper footwear, weight.

How custom orthotics help treat Bunions:

Controlling over-pronation helps stop bunions from growing. Also, bunion cut-outs can be made.

ACHILLES TENDONITIS



Symptoms

Ache in the back of the leg, pain in the heel, severe pain after activity.

Causes

Running in worn-out shoes, repetitive or intense strain on the Achilles tendon, sudden increase in activity, age.

How custom orthotics help treat Achilles Tendonitis:

By relieving the stress on the Achilles tendon.

SHIN SPLINTS



Symptoms

Tenderness, soreness or pain along the inside of your shinbone, swelling in your lower leg.

Causes

Flat feet or high arches, running, repetitive stress on shin bone.

How custom orthotics help treat Shin Splints:

By absorbing shock.

HAMMER TOES



Symptoms

An abnormal bend in the joints of your toes, pain when moving your toes, corns and calluses.

Causes

Tight-fitting shoes, injury (stubbed toe, jammed, or broken toe), abnormal balance of the toe muscles.

How custom orthotics help treat Hammer Toes:

By relieving pressure on toe deformities.

Ask how **Footmaxx**
custom orthotics can help

Footmaxx.com |    | 1.800.779.3668