

## **PAINFUL FLAT FEET**


Flat feet are common in the population and usually do not cause problems unless they lead to calf tightness. Calf tightness will make flat feet worse and cause foot pain, tendon rupture, and arthritis.

With the current stretching techniques, attempt to stretch the calf muscle will stretch the foot arch but not the calf muscles. Locking of the foot makes it rigid, prevents stretching of the foot arch, and can allow calf stretching without the need for surgery.

**ArchSafe™** wedges are designed by an orthopaedic surgeon to facilitate foot locking and effective calf stretching. In addition, **ArchSafe Plus™** wedges provide more support to the arch for severe flat feet.

***Stretching with ArchSafe can provide temporary foot pain relief without surgery.***

This material is not intended to provide medical advice, diagnosis or treatment. The products, information, and other content provided on and through this material, are provided for informational purposes only. Please consult with your physician or other healthcare professional regarding any medical or health-related diagnosis or treatment options, or before starting any diet or exercise program.

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