

*Correctly stretching  
your lower leg  
can do wonders  
for your foot!*

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## SAFE AND EFFECTIVE CALF STRETCHING

Calf muscle tightness is very common among the population, even in those who regularly stretch, due to the inadequacy of traditional stretching methods.

Flexible calf muscles decrease the risk of acute muscle strains and foot injuries. They also help prevent chronic foot ailments like plantar fasciitis, painful flat feet, knee, ankle, and foot arthritis, diabetic forefoot ulcers and stress fractures.

Tight calf muscles decrease walking endurance and sports performance.

### WHAT IS FOOT-LOCKING AND WHY USE IT?

Current methods of calf muscle stretching have inconsistent results and can stretch and flatten the normal arch of the foot instead of lengthening the calf muscles.

Locking of the foot makes it rigid and leads to the protection of its ligaments and joints. This allows for a better stretch of the calf muscles, potentially eliminating the need for corrective surgery in most cases.

## INTRODUCING ARCHSAFE

ArchSafe wedges were designed by an orthopaedic surgeon for stretching the calf muscles while adequately locking the foot. The soft, natural rubber used in the wedges is slip resistant, comfortable, and durable. The tiny bumps on the surface stimulate nerve endings and soothe sore feet.



The ArchSafe Wedge:  
The better way to stretch your lower leg