

## DO YOU HAVE THESE?

**Bunions**  
*hallux valgus*



**Heel Pain**  
*plantar fasciitis*



**Back Pain**  
*LBP, lumbago*

## OR THESE?

- Flat feet, collapsed arches
- Headache or migraine
- Leg length difference
- Shoulder discomfort
- Morton's neuroma
- Achilles tendonitis
- Knee or hip pain
- Sciatica
- Splay feet
- High arches
- Hammer toes
- Forefoot pain
- Ankle problems
- Poor circulation

You can discuss your issues with your doctor to see how Step Flex may be of benefit to you. Our Medical Distributors have considerable experience. Your doctor is always welcome to contact Step Flex for further information.

Symptoms can have many causes. Only a qualified medical practitioner can diagnose your condition. This brochure explains how Step Flex orthotics can be helpful in many situations, but must not be taken as medical advice. If pain persists, see your medical professional.

## CONTACT US HOW YOU PREFER:

- Make an appointment with a Medical Distributor (typically doctors & therapists) trained by Step Flex.
- Visit us at one of the many shows and exhibitions at which we do free fittings.
- Order a pair now by phone or email. We'll send you a special sizing kit to use in your own home.



You can find all the info at  
[www.stepflex.com.au](http://www.stepflex.com.au)

### Made in Germany

by Step Flex GmbH  
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### Distributed in Australia

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# STEP FLEX

**Get fitted today!**



## ACTIVE ORTHOTICS

*Like a personal gym, for your feet!*

Correct your foot misalignment and stand with an upright posture, even on the first wearing!

Used by doctors, therapists, osteopaths and other health professionals worldwide.

**Made in Germany**

## WHY SO MANY PROBLEMS?

Our feet evolved to carry us on natural surfaces like sand, grass, gravel, and dirt. The arch of our foot is nature's 'suspension system'. But we spend our life on hard flat surfaces and in shoes, so the muscles in our feet are under-exercised and in poor condition. This is the reason for many of the problems within our feet and postural problems further up our body. You don't need 'supports' or padding. You need to start using your muscles again. With Step Flex in your shoes, your feet will soon be working as they should.



Shoes and flat floors lead to weak muscles and misalignment of the bones.

Our feet evolved to work best on soft, natural surfaces.

*addressing the root cause of your problem*

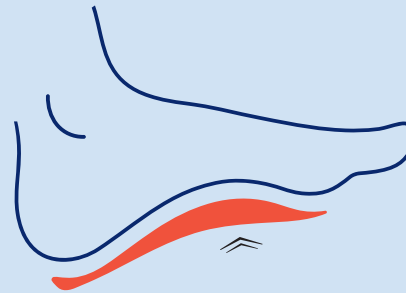
## HOW ARE THESE DIFFERENT?

The principle is as ingenious as it is simple.

Instead of changing the orthotics to copy the feet, we will change the feet to copy the orthotic!

Static supports (like most custom-made orthotics and off-the-shelf shoe inserts) hold the bones in a rigid position and stop the muscles working. Step Flex will develop your muscles as they work around the new correct shape.

The foot has three arches forming a 'tripod'. Step Flex helps you bring these arches back to optimum performance. Step Flex is an *active foot corrector*, rather than just a *static foot support*.



- They bring the foot back into the natural position.
- The muscles under the foot start to work again, like having the forest floor in your shoe.
- Your arches improve as the muscles develop.
- Your entire body will benefit from the improved posture.

## YOUR ADVANTAGES:

- supports all arches of the foot
- strengthens the foot muscles
- straightens your body - better posture
- typical life about 10 years
- very good price-performance ratio
- only one pair necessary
- fits in almost all shoes
- rebates may apply (see website)
- hygienic (easily washed if desired)
- hypoallergenic (no latex, silicone or parabens)
- beneficial for diabetics
- also good for adolescents (10-19)



## DISCOVER A NEW FEELING OF WELLBEING THROUGH:

- easy and painless walking
- improved posture
- strong feet



STEP FLEX