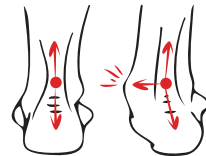




Arch Support Thongs



NEED SUPPORT?

FLAT THONGS OFFER THE FEET VERY LITTLE SUPPORT, WHICH CAN LEAD TO UNWANTED STRESS AND STRAIN FOR BOTH THE FOOT AND LOWER LIMB/LEG.

Archies Arch Support Thongs aim to reduce these potentially damaging stresses and strains by offering a level of support similar to that provided by orthotics.

Orthotics are arch shaped devices commonly prescribed by health professionals which are inserted into footwear to support the foot and promote improved skeletal alignment. Poor alignment has been found to be a contributing factor in a range of musculoskeletal injuries including different forms of back, hip, knee, shin and foot pain.

Archies Thongs are the perfect choice of thongs for anyone seeking a level of support not provided by normal flat thongs, as well as those who experience common foot and lower limb /leg issues such as increased pronation.

> www.archiesfootwear.com.au · Markets & Expos: www.archiesthongsevents.com



ARCHIES THONGS, PROVIDING THE SUPPORT YOU NEED!

PRONATION - WHAT IS IT AND WHAT DOES IT DO TO THE BODY?

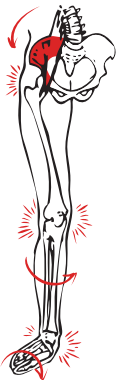
Pronation occurs when the foot rolls inwards. As the foot rolls inwards so too does the lower limb/leg, causing a disruption to the body's natural alignment.

Increased pronation alters the way stress and strain are absorbed through the body, which can potentially lead to injury. Issues arising from increased pronation are more common in people with flat arches, however it can occur in all foot types.

What if I don't have increased pronation or other foot issues, can I still wear Archies Thongs?

Yes, of course! Archies Thongs are not just for those who have increased pronation or experience other foot and lower limb / leg issues, Archies Thongs can be worn by anyone! Archies Thongs are a great choice of thong for individuals seeking an extremely comfortable feel while enjoying the added benefit of increased support.

Archies Thongs may also be ideal for those who have high arches, as this foot type has a tendency to incur increased stress on the outside of the foot and leg. Archies Thongs may assist by providing more even distribution of pressure and load across the foot.



RELATED SYMPTOMS

- > LOW BACK DYSFUNCTION
- > THIGH ROLLS IN
- > MISALIGNMENT OF HIPS
- > MISALIGNMENT OF KNEES
- > MUSCLE TIGHTNESS
- > LEG ROLLS IN
- > PRONATED/ FLAT FOOT