

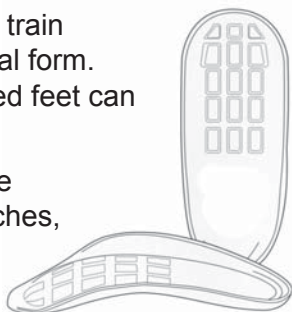
“A step in the right direction.”

Step Forward's orthotics will:

- Immediately align and support the bones in your feet, and
- Exercise and strengthen the muscles in the feet.

Together, these two things will train your feet to return to the normal form. Problems caused by misaligned feet can be expected to improve.

Step Forward Orthotics' unique structure supports all three arches, and they flex as you walk, thus exercising the muscles in the feet.



- | | | |
|----------------------------|---|---------------------------|
| • Support 3 main arches | = | Ideal support & alignment |
| • Align knees, hips & back | = | Benefit not just the feet |
| • Light and flexible | = | Comfortable to wear |
| • Typical life 10-15 years | = | Economical, good value |
| • Swap from shoe to shoe | = | Only one pair needed |
| • Fit 90% of footwear | = | No need for new shoes |
| • Increase circulation | = | Good for diabetics |
| • Strengthen the foot | = | Long lasting benefits |
| • Used by athletes | = | Better performance |
| • Non absorbent | = | No odour |
| • Hypoallergenic | = | No negative reactions |
| • Made in USA | = | Quality & reliability |

Visit our web-site or call us today. Do not delay!

Australian National Office: Freecall 1800 000 566

Step Forward Orthotics

PO Box 438, Doncaster East VIC 3109

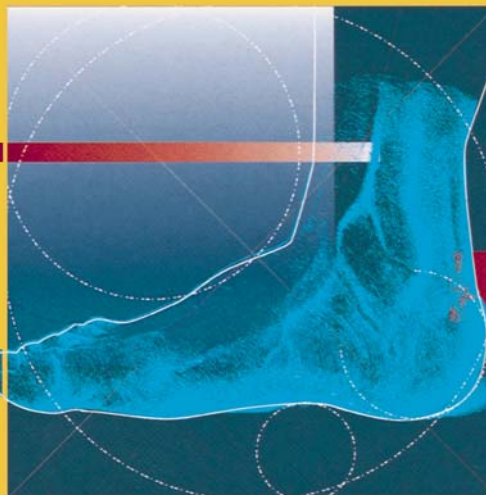
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Sore feet? Back pain? Knee and hip problems?



Step Forward Orthotics

***Flexing Foot Correctors
Made in USA since 1974***

***As used by doctors, chiropractors,
therapists, osteopaths and many other
health care professionals around the world.***

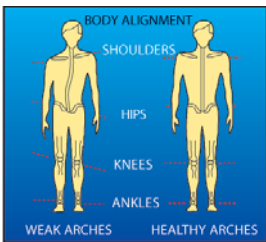


How these orthotics work.

Common foot ailments.

Painful heels, calluses, hammertoes, cramps, sore legs, corns, back aches and bunions are only symptoms of a bigger problem. Hard surfaces, improper footwear, old age and gravity are the major factors that lead to structural malfunction of the musculoskeletal system.

When foot posture is incorrect the entire body structure is incorrect. Weak or misaligned bones and arches can lead to painful conditions throughout the body including knees, hips, back, neck and shoulders.

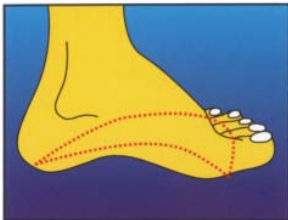


Most foot supports are made to fit the unbalanced or troubled foot. Step Forward's orthotics are made in the shape of a normal foot so that, in time, your foot will conform to the shape of the orthotic. If worn properly the muscles and ligaments are realigned, thus eliminating fatigue and related discomfort.

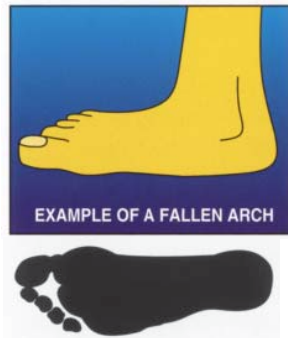
Our approach is this: The foot will change its shape from wearing improper footwear, therefore the foot can regain its balance or posture from wearing our flexing and well-balanced foot orthotic.

Hundreds of thousands of people throughout the world wear Step Forward orthotics. They are sold by doctors, surgeons, physiotherapists, chiropractors, osteopaths, sports trainers and other therapists.

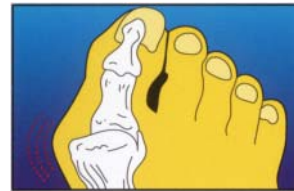
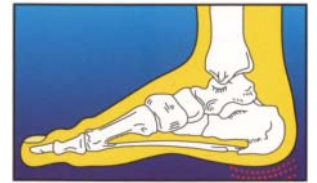
Try our orthotics today. We are sure you and your feet will feel better.



The arches of the foot are formed by the combination of the bone and the muscle structure. They consist of three arches: the medial, the lateral and the metatarsal. The largest and best known of the arches is the medial arch, which forms the hollow at the palm of the foot. The smaller lateral arch, on the outside of the foot, lies parallel to the medial arch. The metatarsal arch reaches across the foot immediately behind the toes. All 3 arches need to be correctly supported and exercised.

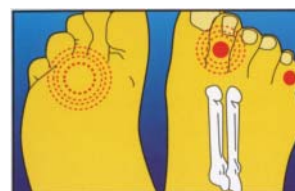


Plantar Fasciitis & Heel Pain: A chronic inflammation of the plantar fascia, a ligament-like structure that passes from the heel to forefoot. The inflammation is caused by the fascia partially pulling away from the heel. The pain is usually worse when rising from a rest position. Calcium deposits (spurs) may then form. Our orthotics develop the muscles and correct the cause of the condition. Recovery can be a slow process.



Bunions: Muscle imbalance can pull the big toe across towards (and crowding) the other toes. Calcium builds up at the joint to form an ugly lump. A straight flexible toe is important for balance. Straighten your toes without surgery!

Plantar Neuroma: A nerve growth that often accompanies metatarsalgia. It develops when the nerve between two metatarsal heads is pinched and bruised. Symptom: A feeling of burning, numbness or electric shocks in the ball of the foot, caused by a dropped metatarsal arch, tight shoes or repeated jolts to the forefoot. Our orthotics raise this arch, eliminate the pinching and can alleviate the condition.



Calluses and Corns: Misaligned bones can push the skin against the shoes. Repeated rubbing causes dead skin to pile up, creating calluses on the bottom of the foot and corns on the toes.

Hammertoes: A muscle imbalance causes the end joints of one (or more) smaller toes to bend down, while the closer joints bend up. Often associated with excessive pressure on the ball of the foot.



Ankles, Knees and Hips: If the foot pronates (tilts inward) or supinates (rolls out) as you walk, your ankles, knees and hips are going to suffer undue wear and tear. Correct support of the medial and lateral arches can bring immediate relief to these joints.

Lower Back, Upper Back, Neck & Shoulders: Recognisable characteristics of our weight-bearing footprint indicate whether problems in the back, neck and shoulders are likely to be caused or aggravated by foot misalignment.