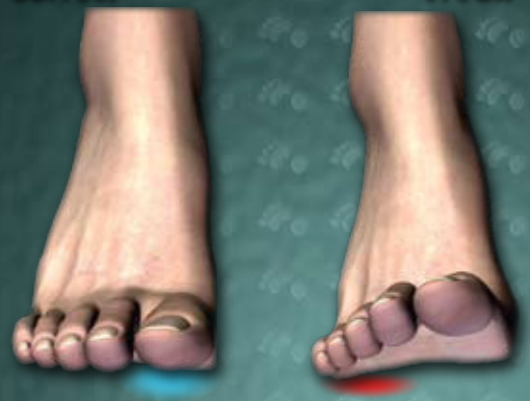
From what part of your forefoot do you launch your step?

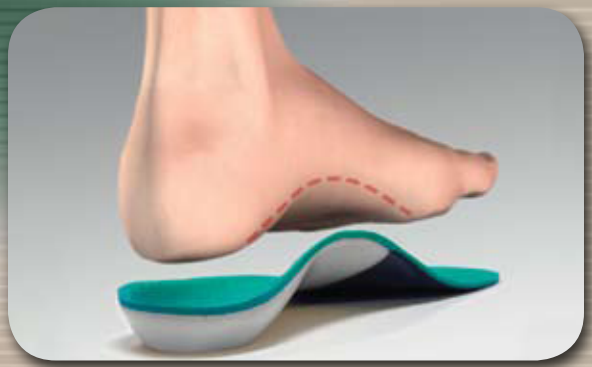
Correct **Weak**



The correct way is from the inside, under your big toe

Stepping from the outside will weaken shock absorption

Only Foot Solutions Exclusive Custom Biomechanical Arch Supports™ give your feet that custom, fit-like-a-glove support!



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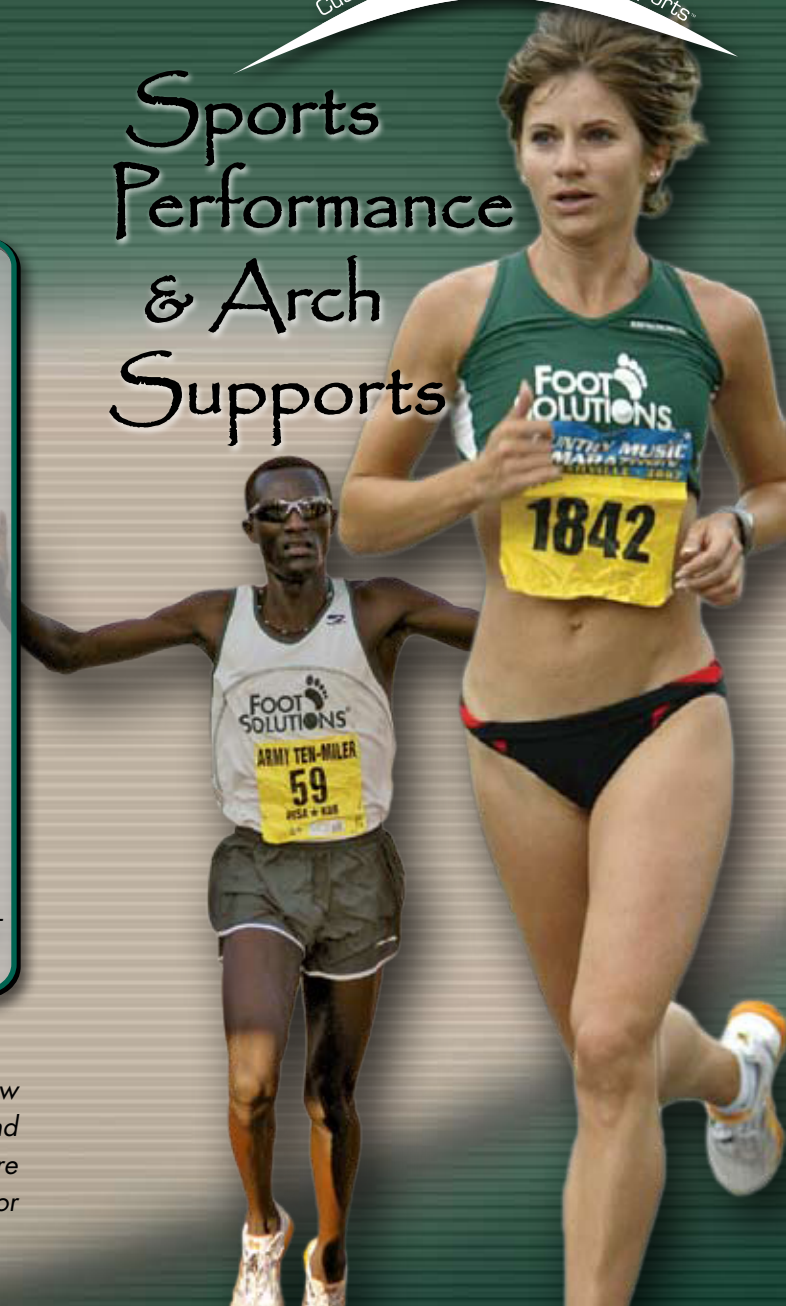
This brochure is provided to offer a general overview on this topic and may not apply to everyone. To find out if this handout applies to you and to get more information on this subject, talk to your doctor or podiatrist and a Foot Solutions foot specialist.

FOOT SOLUTIONS Exclusive!

FOOT SOLUTIONS®

Custom Biomechanical Arch Supports™

Sports Performance & Arch Supports

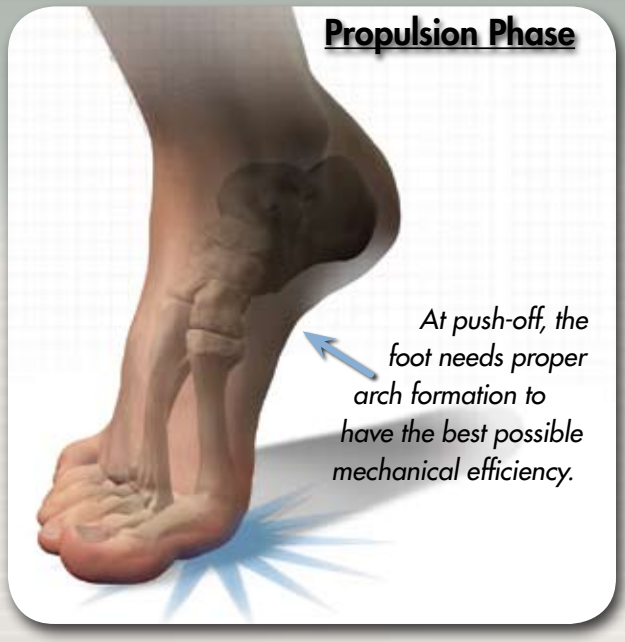


Can an arch support help my performance?

In order to understand how an arch support can help your athletic performance, an understanding of basic foot function is necessary. Your feet are your interface with the ground, and make up a complex system of bones and joints that are a major contributor to shock absorption and propulsion. The shock absorption component comes into play when your foot hits the ground, the propulsion phase occurs while you are pushing off and using your foot as a firm lever to propel you forward. These are two very different functions with different biomechanical requirements. During the shock absorption phase, your foot must be relatively pliable and mobile. During the propulsion phase, your foot must regain structural integrity or stiffness for mechanical efficiency. This is a beautiful system design but even small inefficiencies in this system can produce detrimental effects on performance including injury and poor propulsion. Conversely, even small improvements in this system can have a positive effect on performance measurements such as balance, power and speed.

What are my foot's needs?

An arch support needs to provide a firm lever for propulsion while allowing for shock absorption and terrain adaptation. This need is greatly magnified in athletes. Whether you are on a bike, in running shoes, or in ski boots, your foot is always working on shock absorption and propulsion. To assist in these functions a foot arch support needs to be properly calibrated to your weight, foot flexibility and activity level. Different athletes and sports require different arch support sizes and properties, but all require the same biomechanical control and function. Currently, the **Foot Solutions Custom Biomechanical Arch Supports™** are the only ones on the market that address these needs. They are based on a completely new and unique model of correction and arch support design.



Do I need an arch support, even if I'm not injured?

This depends on how you would like to approach your training. Would you like to only worry about injuries after they happen or cause a reduction in training? Or would you like to have a more proactive mindset when it comes to your health and performance? In addition to all of the overuse injuries we are familiar with such as shin splints, Achilles tendonitis, plantar fasciitis, IT band syndrome and patellar tracking dysfunction, inefficiencies in foot function can cause sub-clinical problems (meaning that they haven't shown up as a symptom yet). It makes more sense to correct these problems before they have a chance to cause tissue breakdown and injury. There are two ways to look at sports performance and injury: 1) You can react to over-use injuries with ice, anti-inflammatory medications, braces, rest and surgeries, or 2) You can prevent these injuries with the use of a device that helps your foot perform more efficiently.

How are CBAS different?

Most "custom" arch supports are made based on out-dated theories that do not significantly change foot function or take into account the demands of the modern athlete. Unfortunately, even with the best intentions, these arch supports usually end up as expensive soft cushions or hard-as-rock braces that are respectively either ineffective or too uncomfortable for aggressive use. Whether you are a competitive or recreational athlete, your foot is unique and requires specific calibration for the right mix of flex and firmness. This is the real custom factor absent in standard "custom" arch supports.

With **CBAS**, we have put the years into re-thinking and re-designing custom arch supports. We know how much extra work it takes to make a device that actually delivers on promises. We love it that we can offer a competitive edge to athletes that depend on powerful feet. We are excited to have an increasing number of professional athletes who are using our device to gain a competitive advantage.