



**Foot  
Supports  
Int'l™**



**BALANCE  
WALKER  
improves**

Flat feet  
Poor Posture  
Back Aches  
Knee Problems  
Sore Legs  
Aching Hips  
Weak Ankles  
Tired Feet

**Thin as a Pin,  
BALANCE  
WALKER  
slips into  
any shoe**

Recommended  
by Podiatrists &  
Orthopaedics,  
endorsed by  
ork and Income,





# HOW CAN BALANCE ARCH SUPPORT HELP?

By Justin Price



It's simple. FSI Balance Arch Supports are uniquely designed to support the arches in your feet. When the arches of your feet are supported, your entire body shifts back into alignment. All the compensations caused by overpronation can be reversed. Supporting the arches of your feet will enable your ankles and legs to rotate back out over the center of your feet, thereby reducing pressure on your feet, ankles and knees. As your knees, legs and hips fall into better alignment your pelvis can tip back into a more normal, relaxed position. Consequently, your lower back will experience less stress.

Less arch in your lower back will enable your upper back to straighten and your shoulders, neck and head to return to their optimal position (see diagram). As you can see, FSI Balance Supports not only help align and support your feet, but they can also take stress off all the major structures of your body caused by compensation patterns. A properly aligned body can easily and effectively compete with gravity and ground reaction forces. Most importantly, good alignment translates to fewer aches and discomforts in your body.



THIN AS A PIN



Don't Let Your Orthotic Decide What You Wear



# INTRODUCTION

On many occasions and throughout time we have neglected to understand well enough how our two feet work and how we can be more appreciative of them. We have undoubtedly depended on them to do their job daily until they give us discomfort thus affecting our daily activities and quality of life.

Our feet are designed to walk on soft, natural and uneven terrain. As a matter of fact, and this may actually very well surprise you, our ancestors had much healthier feet and much better posture than us. Foot and postural related problems usually come with age and other factors such as:

1. The type of footwear we use.
2. The flat and hard surfaces we stand and walk on.
3. Obesity and Osteoarthritis



Foot posture is generally characterized by the contour of the medial longitudinal arch, and is typically divided into normal (rectus), low-arched (planus), or highly-arched (cavus) categories. Several techniques, including visual estimation, footprint parameters and radiographic evaluation have been used to classify foot posture.



## **FLAT FOOT OR FALLEN ARCHES (PES PLANUS)**

Flat foot is flattening or sagging of the arch and inward roll of the ankle, affecting about 30% of the general population. Flexible flat foot is more common, whereby arch can be seen during non-weight bearing and flattens during weight bearing. Some adult may acquire flat foot or overpronation later in life due to overweight and/or aging.

Symptoms:

- Ankle, heel or lower back pain
- Pain on the arch
- Poor posture and slouching
- Tired or achy feet after prolonged standing or playing sports



## **BUNION (HALLUX VALGUS)**

Bunion is a bony bump that forms on the joint of your big toe, forcing it inwards towards the second toe. This deformity develops progressively when normal balance of forces or pressure (overpronation) that is exerted on the joints and tendons of the foot becomes disturbed, causing instability in the joints. The deformity changes the shape of the foot, causing difficulty in finding shoes that fit.

Symptoms:

- Redness and soreness on the side of toe
- Pain when wearing closed or tight shoes
- Swollen and bony bump forms, causing big toe to bend inward towards second toe





## **KNEE PAIN (OSTEOARTHRITIS)**

Knee pain, also known as Osteoarthritis affects about 1/3 of older adults while females suffer 4 times higher risk than male. It is a degenerative disease caused by wear and tear to the knee joint. Foot posture and function has been shown in clinical studies to influence knee biomechanics and joint load.

Symptoms:

- Pain and swelling, warm to the touch
- Weakness and morning stiffness
- Creaking sound
- Difficulty going up and down stairs and squatting



## **HEEL PAIN (PLANTAR FASCIITIS )**

Plantar Fasciitis, commonly known as heel pain is an inflammatory condition involving a ligament (Plantar Fascia) that runs from the heel bone to the midfoot. The main function of Plantar Fascia is to provide stability to the arch of the foot while walking or running on uneven surfaces. In some cases, heel spur may develop from inflammation and calcification.

Symptoms:

- Intense pain on the heel in the morning
- Pain after rest or prolonged walking





## ACHILLES TENDINITIS

Achilles tendon is the largest and strongest tendon in the body, connecting the heel bone to the calf muscles. This tendon is used in walking, running and jumping. Achilles Tendinitis is an inflammation caused by repetitive stress, overuse and degeneration, to pain, swelling and stiffness. Overpronation causing the ankle to rotate inwardly and misalign is another major factor especially in runners and athletics.

Symptoms:

- Tenderness, swelling and stiffness
- Pain in the morning or after long period of rest
- Pain after running or exercise



## SCOLIOSIS

Scoliosis is the abnormal twisting and curvature of the spine, more commonly occurring in females than males. Being a female increases the risk of scoliosis, and females have a higher risk of worsening spine curvature than males. Scoliosis causes the hip to tilt, resulting in leg length discrepancy. This in turn causes imbalance and some may have abnormal foot profiles like flatfoot or high arch. This can be corrected by wearing orthotics.

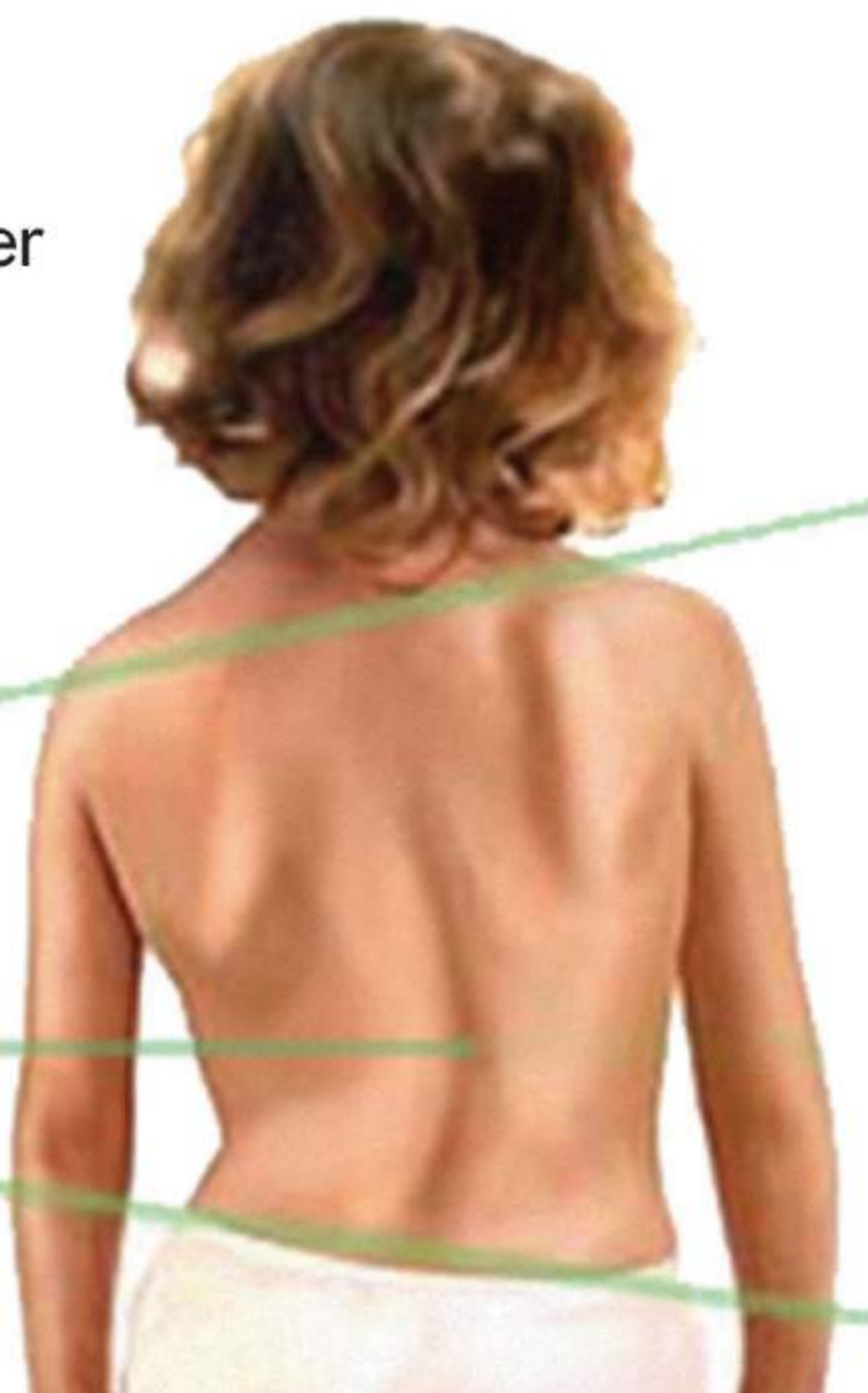
Symptoms:

- A visibly curved spine
- One shoulder is higher than the other
- Clothes not hanging properly
- Pain in back, shoulders and neck

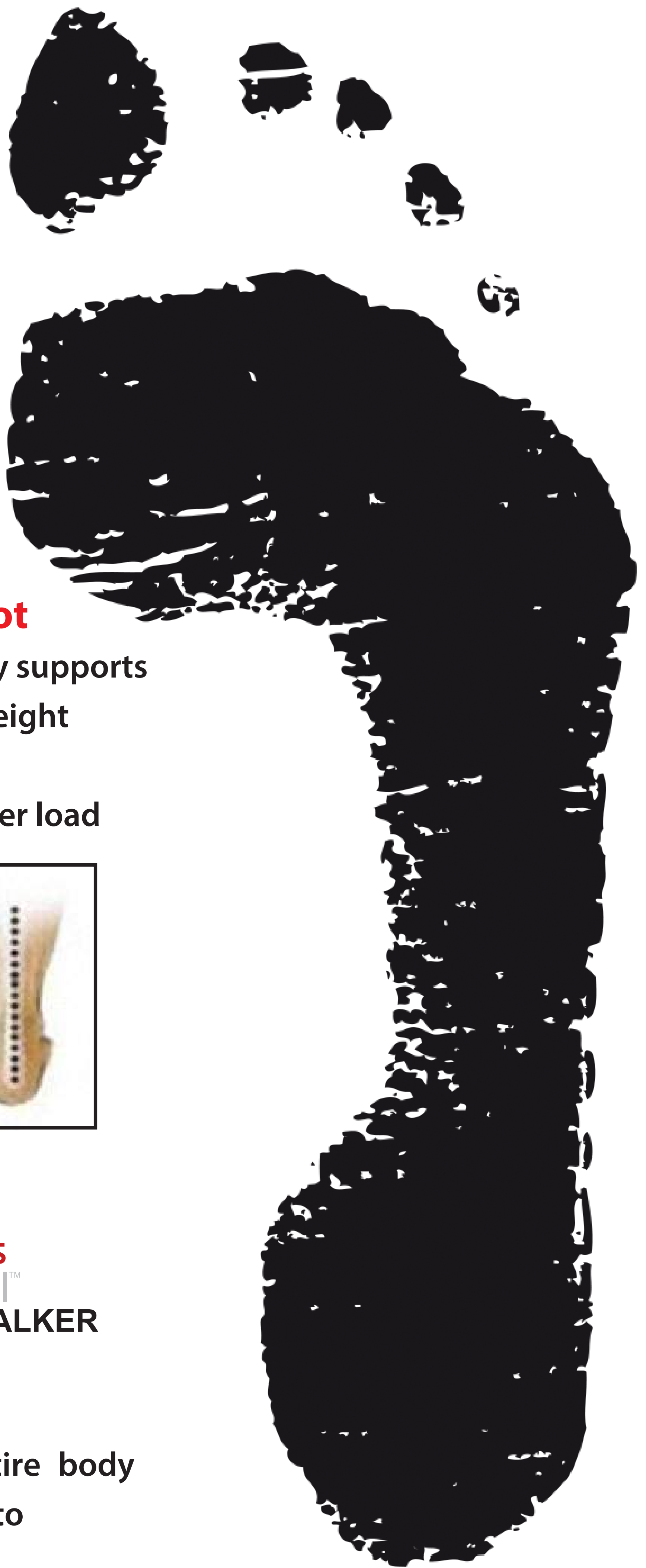
Uneven Shoulders

Curve in Spine

Uneven Hips

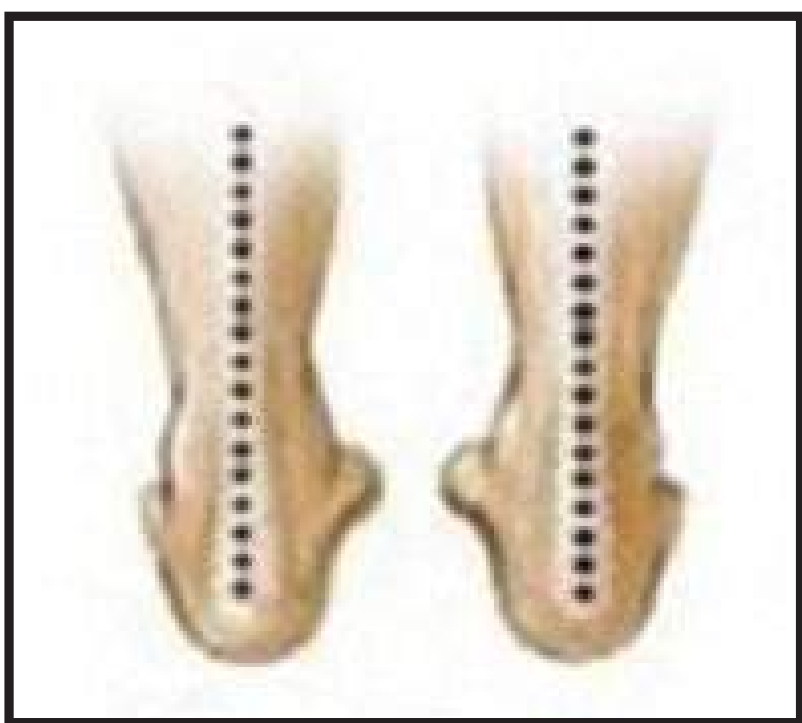






## Normal Foot

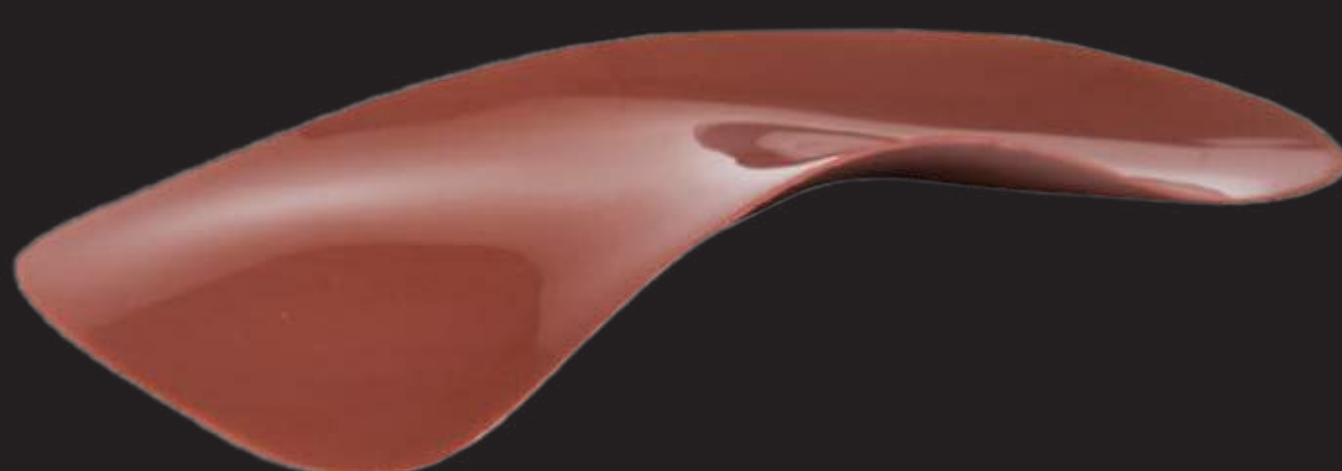
Arch naturally supports your body weight and pronates normally under load



  
**BALANCEWALKER**

ALIGNS and SUPPORTS and your entire body shifts back into balance.

## THREE TYPES OF BALANCE FOOT SUPPORT



**HIGH LIFT**  
**Balance Worker**



## Flat Foot

This is the flattening or sagging of the arch and inward roll of the ankle.



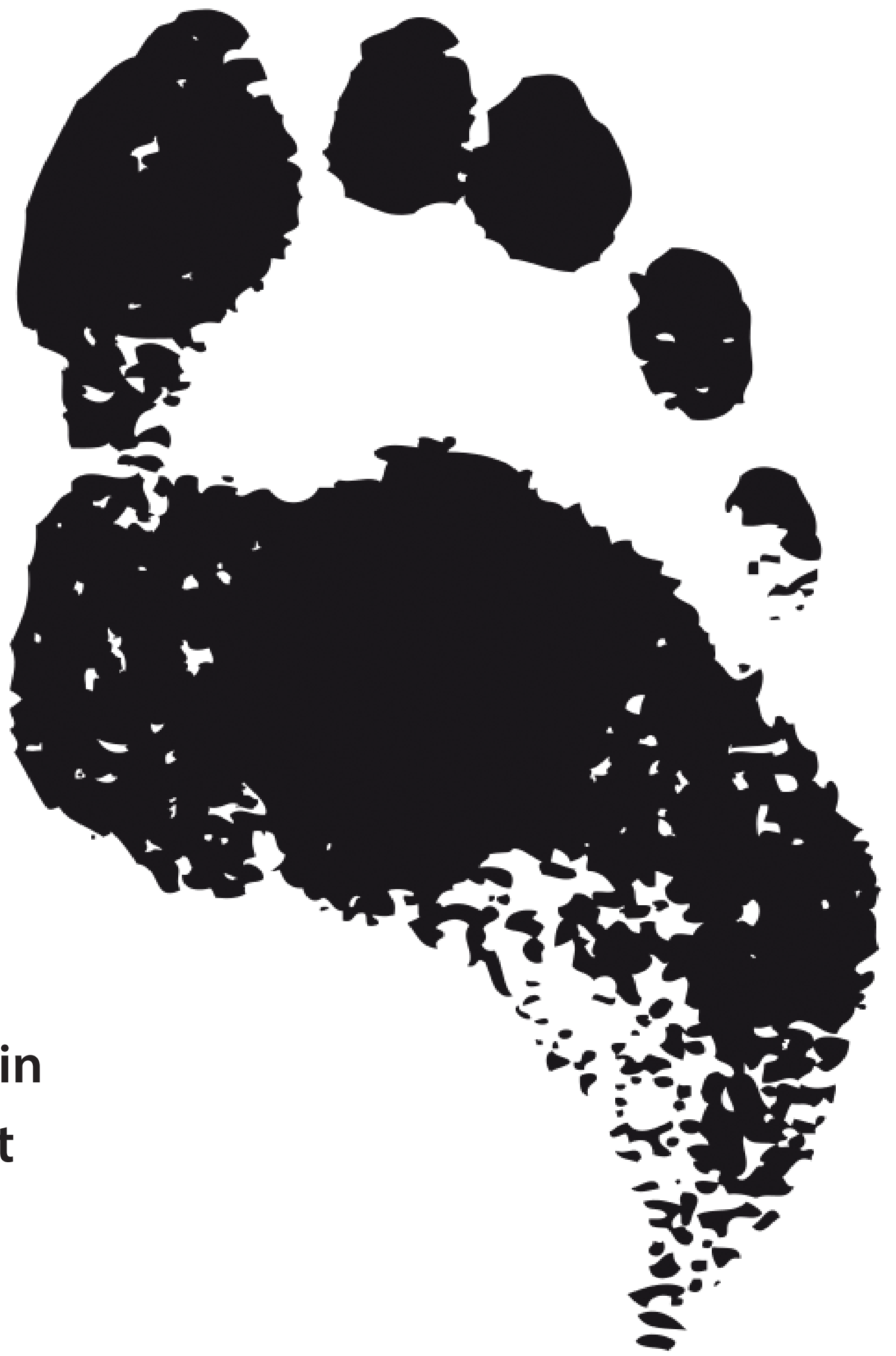
  
**Foot  
Supports  
Int'l™**  
**BALANCEWALKER**

LIFTS and  
CORRECTS arch  
Supporting the foot  
and ankle, improves  
biomechanics of the body



**MEDIUM LIFT  
Balance  
Walker**





## High Arch

Foot does not roll in enough to support the bodyweight, results in fatigue



  
**BALANCEWALKER**

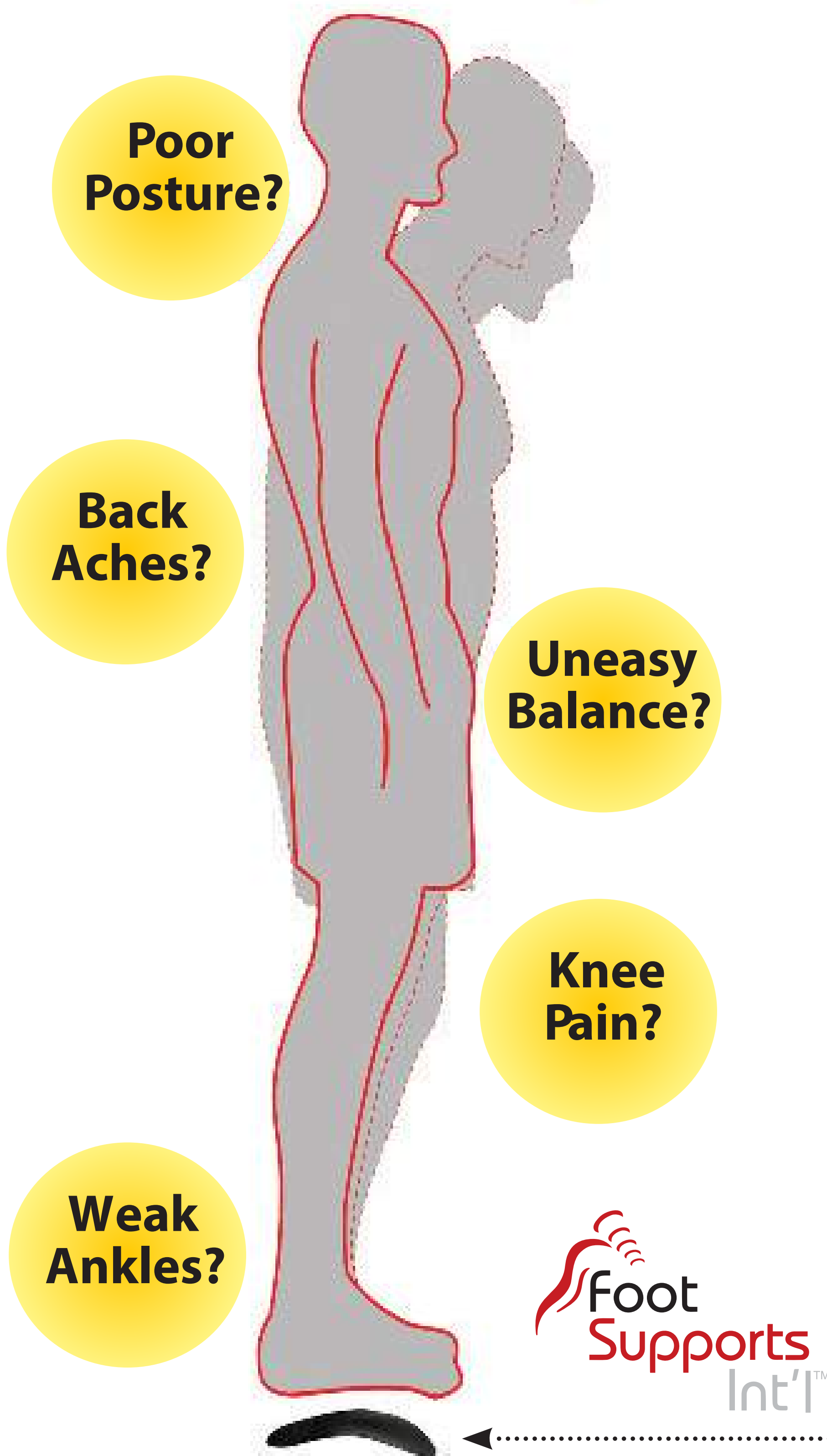
RELAXES and  
SUPPORTS  
under arch, spreads  
load evenly



**LOW LIFT**  
Balance  
Relaxer



# HOW CAN THE BALANCE FOOT SUPPORT HELP?



**Restores the body's structure and biomechanics by realigning the joints**

**Thinnest in the market, fits and is transferable in any footwear including sandals and heels**

**Safe and non invasive solution to joints and back problems**

**Preventive and delaying degeneration of the joints  
Improved balance, reduces risk of falling in the elderly**

**Made from highest quality and long lasting**

**Stand straighter, taller with more confidence!**



# Members of the medical industry wear and recommend our foot support



For more product information, please visit [www.philosmed.com](http://www.philosmed.com)

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