

*Suffer from*

*BAREFOOT FREEDOM<sup>®</sup>*

# PLANTAR FASCIITIS (Heel pain) ?

At Barefoot Freedom we have a *breakthrough in technological design* for your problem

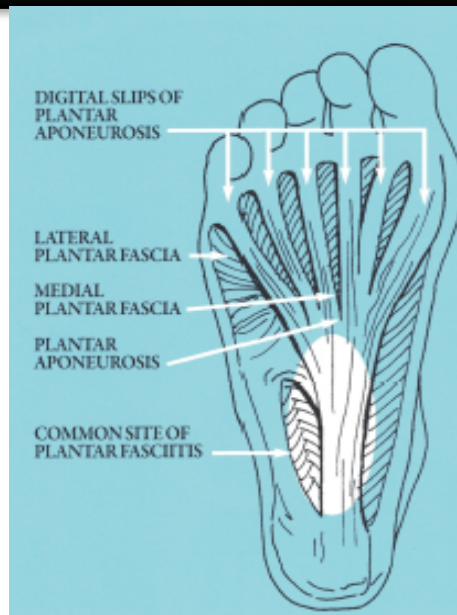


Running? Walking? Sandals? Dress Shoes? Wedges? Heels?

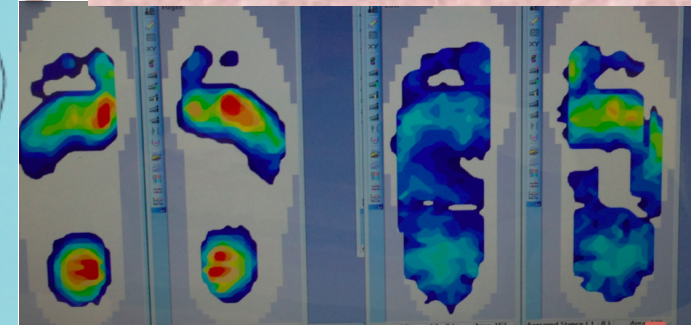
**ASK US HOW WE CAN HELP YOU NOW**

Plantar Fasciitis is a persistent pain on the bottom of the heel and the inside of the foot. It is a fibrous, tendon-like structure that extends the entire length of the bottom of the foot. During excessive activity, the plantar fascia can become irritated, inflamed and even tear.

Improper shoe selection can cause the injury, including stiff-soled shoes that stretch the tendon, and over-worn shoes that allow the foot to pronate. Our shoes have superior insoles that support the arch and reduce tension on the tendon. Each pair has extra room for orthotics, which are commonly prescribed to help alleviate the pain and tension of plantar fasciitis.



Ordinary Shoes that don't distribute the weight create stress points that are the cause of pain & discomfort in plantar Fasciitis.



Our specialised Medical grade footwear are designed to create a perfect distribution of pressure points with extended medial support & stability for alleviating PLANTAR Fasciitis pain. Providing healing of the plantar.

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**St. Leonards Clinic**

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