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## Healthy feet

Everything you need to keep  
your feet in good condition.

medi. I feel better.



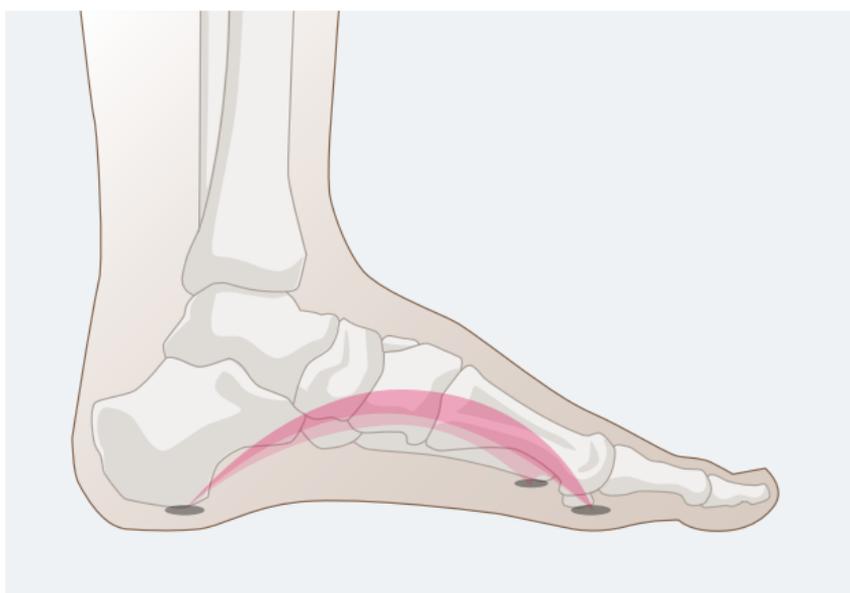
## Outstanding performance for healthy feet

On average, our feet are exposed to the stresses and strains of about 5,000 steps every day. Nature created a highly complex structure to withstand this battering.

## The foot, a masterpiece of nature

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The arch of the foot is lifted and held by muscles, tendons and ligaments. This functions as a shock absorber and spreads the entire body weight between three main weight-bearing points: the heel, the ball of the large toe and the ball of the small toe.



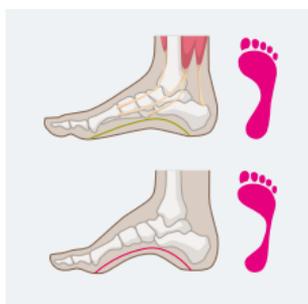
In many people, the arch of the foot drops or flattens due to overstrain or weak foot muscles. The resulting deformity can have a harmful effect on the body's posture and lead to symptoms in the feet, knees, hips or back.

# The most common foot deformities

**Foot deformities respond very well to treatment with modern medical devices**

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Foot deformities can be hereditary. However, they often result from permanent or one-sided loading. Flat foot, flat valgus foot and valgus foot do not normally occur on their own, because a flattening of the arch of the foot is automatically accompanied by an inward tilting of the heel.



## Claw foot

The inner and outer longitudinal arches are considerably more prominent. This leads to overloading of the forefoot and heel.

**Cork leather insoles**



### Causes

Neurological diseases in the course of the patient's life.



## Flat valgus foot

Flattened foot arch. The whole sole of the foot is in contact with the ground.

**Plastic soft foam insole**



### Causes

Often congenital, weak ligaments, overloading.



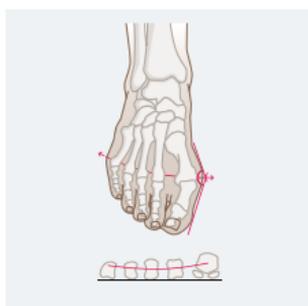
### Causes

Weak ligaments and muscles, obesity

## Flat foot

Flattened longitudinal arch. The ankle widens and protrudes

### Children's' shell insole



### Causes

Weak muscles and ligaments or shoes that are too tight

## Splayfoot

Flattened anterior transverse arch. Pain in the balls of the feet and toes.

### Comfort soft foam insole



## Interesting facts

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Doctors or insole specialists can recognize deformities from a footprint or an in-depth **analysis of the foot**, while the patient is standing and walking.

Besides treatment with insoles, the muscles of the feet can be strengthened by regular simple **exercises**.

# Foot disorders

**Healthy feet are the starting point and the foundation of our fitness**

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Besides foot deformities, more complex clinical pictures can also be treated with insoles. Effective therapy requires the experience and manual skills of insole experts.



## Causes

Wrong footwear, obesity or standing for long periods

## Heel pain

Usually a painful disorder of the heel bone in the area of the insertions of the tendons.

Soft foam insole with a soft footbed and a heel channel



## Causes

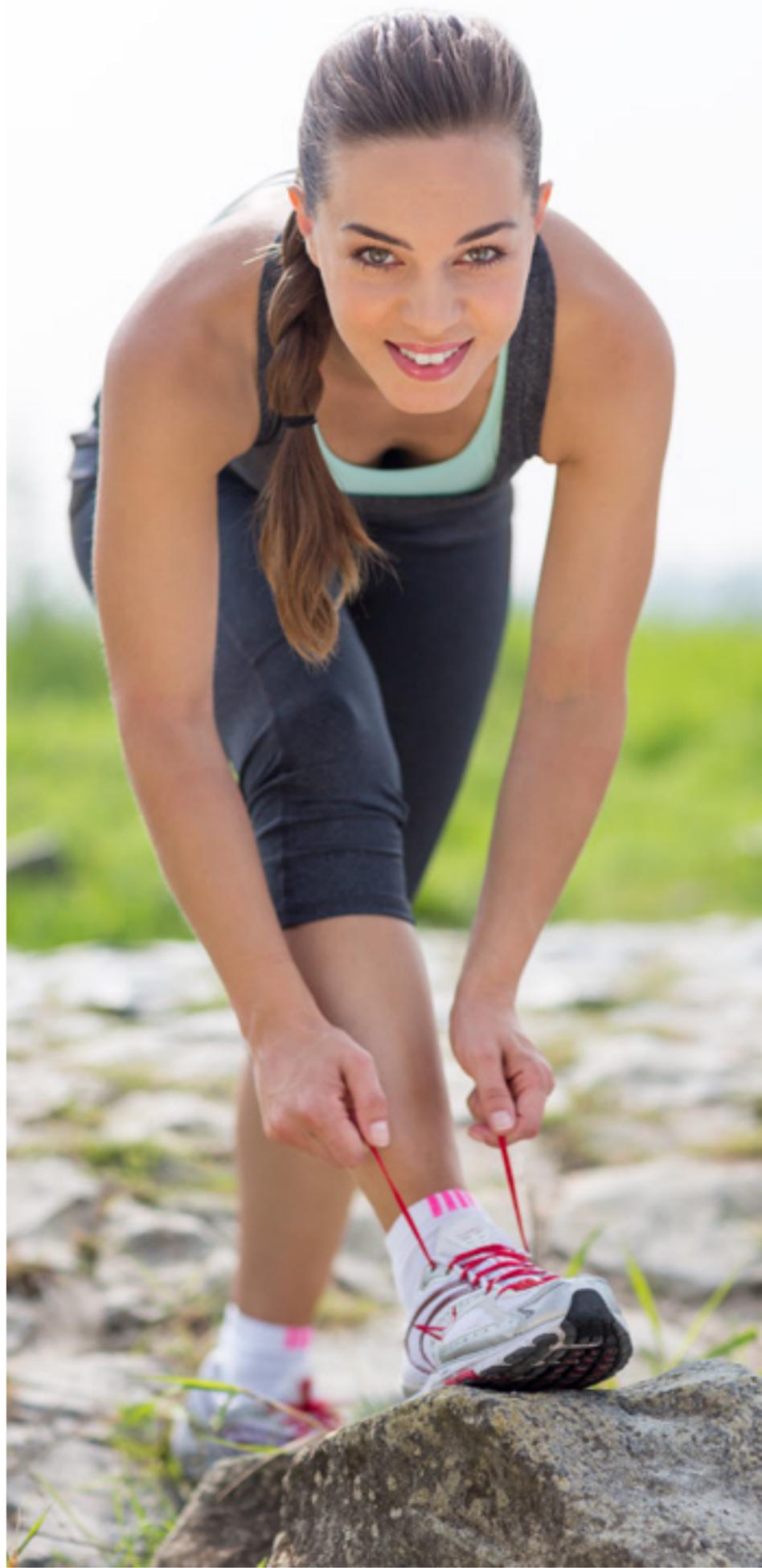
Usually inherited, injuries or incorrect loading

## Hallux rigidus

Rigidity of the big toe due to wear and tear and arthritis. Rollover is more difficult.

Insoles with a rigid zone in the forefoot region





# Training for the feet

## Regular foot exercises are recommended as an add-on to treatment with orthopedic insoles

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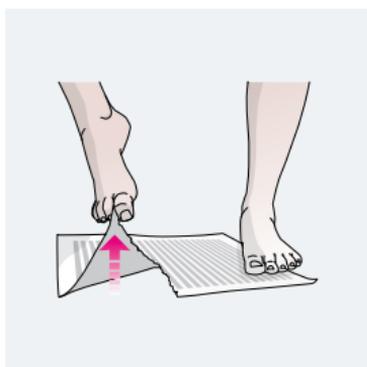
We have compiled three exercises for you that will help strengthen your foot muscles. These exercises are pleasant to do, especially after a long day wearing shoes - and, more importantly, they are good for you.



### Caterpillar crawl

Place half a tennis ball on the floor and pull your foot to the ball with your toes, then shoot the ball forwards a little. Repeat this a few times, then change feet.

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### Tearing up newspaper

Lay a sheet of newspaper out flat on the floor. Now place one foot on the paper and try to tear it up with your other foot. Then change feet.

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### Picking up marbles

Drop a few marbles (or similar objects) on the floor. Try to pick these up with your feet and drop them into a bowl. Change feet every time you have successfully picked up a marble.

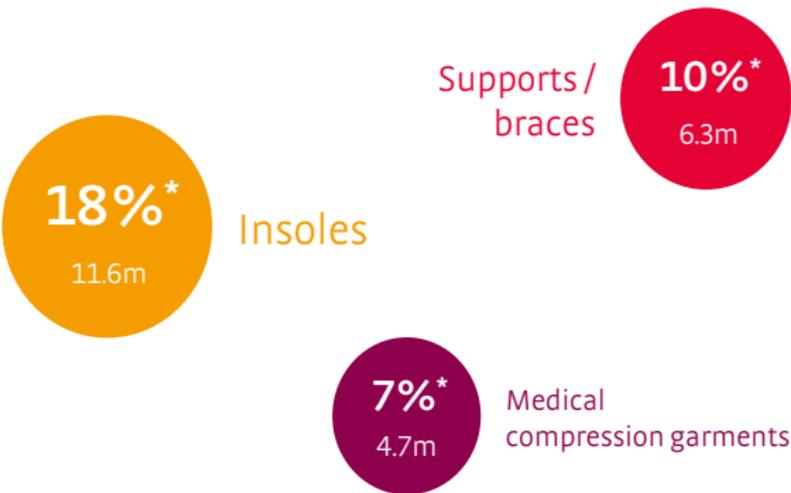
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# Insoles are becoming even more popular

According to a study commissioned by eurocom, orthopedic insoles are being used increasingly often

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Orthopedic insoles have been recommended by general practitioners, orthopedic specialists and sports doctors for many years. The IfD Allensbach study commissioned by eurocom e.V. proves that users value them and enjoy wearing them.



The study shows that around 11.6 million Germans already use the insoles prescribed by their doctors regularly and permanently – and the figure is rising.

In their evaluation, the respondents above all rated the desired effects of wearing the insoles very positively. Less pain was rated to be an especially positive effect by around 80% of the respondents.

Orthopedic insoles are not only used to treat foot problems, but individual insoles can also be prescribed for backache as well as for knee and hip problems.

Source: eurocom e.V., *Better quality of life, less pain, 2014, p. 5*

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\* of the population aged 16 and above

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