



## Reach a Stable and Balanced Level

BY DR. APRIL PHILLIPS

### What

is a Spinal Pelvic Stabilizer?

A Stabilizer is an insert placed in your shoe to help balance your posture and keeps you in alignment. Stabilizers come in many styles and features depending on your needs and the shoes you choose to wear.

### Why do I need Stabilizers?

Foot imbalances can contribute to pain and discomfort, which stops you from doing the things you want to do. Your feet are your foundation. Any weakness or unstable positioning in either foot can contribute to postural problems throughout the rest of the body. Foot Levelers' Spinal Pelvic Stabilizers help your feet maintain their struc-

tural and functional balance as you stand, walk, or run.

Whenever you walk or run on a hard surface, an amount of contact force (heel-strike) passes through your body. Over time, heel-strike shock can damage soft tissues around weight bearing joints (ankles, knees, hips, etc.). Spinal Pelvic Stabilizers absorb heel-strike shock with every step you take.

### What makes us different?

We custom design our Stabilizers through a digital imaging process, which captures an exact impression of your feet. This is done while you are standing with your full weight on your feet so that we may take 16 precise measurements. From this image, a unique and "just for you" Stabilizer will be made. Your lifestyle, age, weight, activity level, and condition are

all considered when we create your custom-made Stabilizers.

Only Foot Levelers Stabilizers provide support to all three arches of the foot by using their patented technology, the Gait Cycle System. With the Gait Cycle System, your posture is supported and protected through heel-strike, at midstance, and during toe-off.

By stabilizing and balancing the feet, Foot Levelers' custom-made Spinal Pelvic Stabilizers help to enhance your body's performance and efficiency, reduce pain, and contribute to your total body wellness.

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