



# Optimal body alignment from the ground up



- Balances and eliminates plantar pressure on the foot
- Reduces plantar fasciitis “twist” to minimize pain
- Decreases heel spur pain by reducing heel pressure and padding the heel area
- Provides proper foot alignment
- Reduces stress at the ball of the foot
- Posted PowerPro adds 4° of posting to the medial aspect of the foot
- Posted PowerPro blocks the foot from hyper-pronation
- Posted PowerPro keeps the foot in alignment therefore preventing knee, hip and spinal malalignment

| SIZING POWERPRO CUP HEEL    | A                             | B                             | C                             | D                             | E                               | F                              | G                              | H                               | I                             | J                              | K                              | L                              |
|-----------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|---------------------------------|--------------------------------|--------------------------------|---------------------------------|-------------------------------|--------------------------------|--------------------------------|--------------------------------|
| MENS                        | 3 - 3.5                       | 4 - 4.5                       | 5 - 5.5                       | 6 - 6.5                       | 7 - 7.5                         | 8 - 8.5                        | 9 - 9.5                        | 10 - 10.5                       | 11 - 11.5                     | 12 - 12.5                      | 13 - 14                        | 15+                            |
| WOMENS                      | 5 - 5.5                       | 6 - 6.5                       | 7 - 7.5                       | 8 - 8.5                       | 9 - 9.5                         | 10 - 10.5                      | 11 - 11.5                      | 12 - 12.5                       | 13 - 13.5                     | 14 - 14.5                      | 15 - 15.5                      | 16+                            |
| LENGTH INCHES               | 8 <sup>7</sup> / <sub>8</sub> | 9 <sup>1</sup> / <sub>4</sub> | 9 <sup>2</sup> / <sub>3</sub> | 10                            | 10 <sup>1</sup> / <sub>2</sub>  | 10 <sup>3</sup> / <sub>4</sub> | 11                             | 11 <sup>1</sup> / <sub>2</sub>  | 12                            | 12 <sup>1</sup> / <sub>4</sub> | 12 <sup>3</sup> / <sub>4</sub> | 13 <sup>1</sup> / <sub>8</sub> |
| LENGTH CM                   | 22.5                          | 23.5                          | 24.5                          | 25.5                          | 26.5                            | 27.2                           | 28.4                           | 29.3                            | 30                            | 31                             | 32.3                           | 33.3                           |
| WIDTH AT MET HEAD           | 3 <sup>1</sup> / <sub>4</sub> | 3 <sup>1</sup> / <sub>4</sub> | 3 <sup>3</sup> / <sub>8</sub> | 3 <sup>3</sup> / <sub>8</sub> | 3 <sup>1</sup> / <sub>2</sub>   | 3 <sup>5</sup> / <sub>8</sub>  | 3 <sup>9</sup> / <sub>16</sub> | 3 <sup>11</sup> / <sub>16</sub> | 3 <sup>7</sup> / <sub>8</sub> | 4 <sup>1</sup> / <sub>16</sub> | 4 <sup>1</sup> / <sub>4</sub>  | 4 <sup>1</sup> / <sub>8</sub>  |
| SIZING POWERPRO HEEL POSTED | A                             | B                             | C                             | D                             | E                               | F                              | G                              | H                               | I                             | J                              | K                              | L                              |
| LENGTH IN INCHES            | 8 <sup>7</sup> / <sub>8</sub> | 9 <sup>1</sup> / <sub>4</sub> | 9 <sup>2</sup> / <sub>3</sub> | 10                            | 10 <sup>1</sup> / <sub>2</sub>  | 10 <sup>3</sup> / <sub>4</sub> | 11                             | 11 <sup>1</sup> / <sub>2</sub>  | 12                            | 12 <sup>1</sup> / <sub>4</sub> | 12 <sup>3</sup> / <sub>4</sub> | 13 <sup>1</sup> / <sub>8</sub> |
| LENGTH IN CM                | 22.5                          | 23.5                          | 24.5                          | 25.5                          | 26.5                            | 27.2                           | 28.4                           | 29.3                            | 30                            | 31                             | 32.3                           | 33.3                           |
| WIDTH AT MET HEAD           | 3 <sup>3</sup> / <sub>8</sub> | 3 <sup>3</sup> / <sub>8</sub> | 3 <sup>1</sup> / <sub>2</sub> | 3 <sup>5</sup> / <sub>8</sub> | 3 <sup>11</sup> / <sub>16</sub> | 3 <sup>3</sup> / <sub>4</sub>  | 3 <sup>7</sup> / <sub>8</sub>  | 3 <sup>15</sup> / <sub>16</sub> | 4                             | 4 <sup>1</sup> / <sub>16</sub> | 4 <sup>1</sup> / <sub>4</sub>  | 4 <sup>1</sup> / <sub>8</sub>  |

**POWERPRO INSOLES**

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