

# Custom-Made vs. Over-the-Counter Orthotics

Custom orthotics are far superior to generic or off-the-shelf inserts. They're custom-made to easily slide into your shoes and support the unique shape of your feet. Foot Levelers custom orthotics are unique because they support all three arches of the foot. By balancing the feet, Foot Levelers orthotics help reduce pain and improve performance throughout the body.



## What Custom Orthotics Do For Your **Body**

Foot Levelers custom orthotics were developed to improve your posture and overall comfort level. When your feet are stabilized, the rest of your body is in balance. In addition to comfort, custom orthotics also help reduce low back pain, hip pain, and even neck pain. Learn more about each of these conditions and how Foot Levelers can help you live a pain-free life.

There are many possible reasons for **low back pain**, but spinal strain and postural fatigue account for about **70%** of cases not caused by more serious conditions.

## LOW BACK PAIN

The sacroiliac (or SI) joints are the link between your spinal column and pelvis. They help absorb damaging shock forces, and they also help stabilize the body and transmit weight to the lower limbs.

## SACROILIAC JOINT PAIN

There are many causes for knee joint pain. But there are two main factors: trauma (due to injury) or excessive strain. Your doctor can help determine the root cause of your knee pain to relieve your discomfort.

## **KNEE PAIN**

Leg length inequality (LLI) can cause pressure, stress, and pain in your knees, thighs, hips, pelvis, and spine.

## SHORT LEG

## What Custom Orthotics Do For Your Foot

The pain you feel in your feet is debilitating and prevents you from living life to its fullest. Foot Levelers custom orthotics offer relief from some of the most common foot conditions, including plantar fasciitis and metatarsalgia. Foot Levelers orthotics are a great solution if you're experiencing foot pain.

When the foot's arches collapse, they no longer support the body properly. Pronated, or flat feet are also less shock-absorbent, creating extra stress on the bones, muscles, ligaments, and tendons of the entire body.

## **FLAT FEET**

The plantar fascia is the soft, springy tissue on the underside of the foot. With injury, wear-and-tear, or age, a painful, ongoing condition may result: plantar fasciitis.

## **PLANTAR FASCIITIS**

Metatarsalgia is pain in the ball of the foot. The soft, springy tissue beneath the foot is the support system for bones. With injury, wear-and-tear, or age, tissue deteriorates, arches flatten, and toes may begin to crowd one another.

## **METATARSALGIA**

If your ankle frequently "gives way" while walking or during activity, or if you've suffered from multiple sprains, you may have chronic ankle instability.

## CHRONIC ANKLE INSTABILITY









# Finally Performing Pain-Free

I've been dealing with plantar fasciitis on and off for a few years now, which worsened during my last pregnancy. As someone who runs nearly every day and enjoys racing, having foot pain is really upsetting. I continued to run through the pain, but it made it difficult to get up at night and in the morning to care for my twins.

I stopped by the Foot Levelers booth to scan my feet at the [Foot Levelers] Blue Ridge Marathon, and it has been a game-changer! I ran that race and felt like I was on the verge of a [plantar fasciitis] setback when my new custom orthotics came in the mail!

I've been wearing them regularly and literally have not felt any foot pain since! Nearly two months without any signs of plantar fasciitis is a personal record for me!

I have several ultramarathons on my calendar for the year and I'm finally confident that I will be able to run them pain-free. Thank you, Foot Levelers!

> Amy Johnson Ultra Marathoner



## WORLD'S TOUGHEST ROAD RAGE

**APRIL 12, 2025** 



Scan for More Info



## What are others saying?

## "What impresses me...

...about [Foot Levelers] products is how amazingly helpful they have been in my recovery. I not only avoided surgery, but I am able to walk and run as much as I want without any foot pain."

-Ultramarathoner Thor Johansen

## "I have been using Foot Levelers...

...custom orthotics personally and professionally for over 15 years. It has helped me personally because it allows me to perform at my best knowing that I have proper support. My patients absolutely love their stabilizers because the proof is in the results. They feel better, perform at a higher level and best of all it helps them retain their adjustments longer. Foot Levelers is the only company I trust for my patients."

- Dr. Steven Loniewski

## "With my Foot Levelers functional orthotics...

...I can now run up and down the halls in my office on concrete floors, get up and down out of my chair and perform my normal duties as an Office Manager without foot, knee, ankle, leg and lower back pain. My feet no longer hurt and my legs, thighs and lower back have regained great muscle strength and tone. I do not miss a day without my orthotics."

- Toni B. Anniston, AL



LOVE FOOT LEVELERS?
Tell Us Your Story!



The most shock absorption & propulsion of any custom orthotic that Foot Levelers has ever offered

A high-tech top cover with Far InfraRed (FIR) technology that redirects energy back into the body to fight fatigue and enhance muscle recovery **Moisture-wicking materials** that help keep feet cool and comfortable

**Enhanced stability** for unstable and uneven surfaces



**Ask your doctor** about ordering Foot Levelers custom orthotics today!

\*Cambron JA, Dexheimer JM, Duarte M, Freels S. Shoe Orthotics for the Treatment of Chronic Low Back Pain: A Randomized Controlled Trial. Arch Phys Med Rehabil. 2017 Sep.98(9):1752-1762. doi: 10.1016/j.apmr.2017.03.028. Epub 2017 Apr 30. PMID: 28465224.



## What's Your Shoe Style?

We have a selection of Stabilizing Orthotics designed for every shoe type.



## Support to match EVERY lifestyle.



DIFFERENT **SHOES** REQUIRE DIFFERENT **CUSTOM ORTHOTICS** 

Match orthotics to the footwear styles you wear frequently from dress to athletic and casual shoes.

Multiple pairs ensure maximum comfort and performance for all the things you do.

## Orthotic Feature Definitions



#### **ZORBACEL®**

Absorbs damaging shock at heel strike.



### **STANCEGUARD™**

Provides variable firmness, flexibility and control at midstance.



#### **PROPACEL™**

Provides a propulsive boost at toe-off, helping to reduce fatigue.



#### **MAGNET SYSTEM**

May enhance your patients' energy, edge and performance. Do not use if you are wearing a pacemaker or electrical implant of any kind, or if you are pregnant.



#### MOISTURE WICKING

Helps absorb moisture and perspiration to control odor and increase comfort.



#### WATERPROOF

These products are better able to stand up to moisture and are recommended for patients who live or work in wet and humid environments.



#### **MPAX® TECHNOLOGY**

Proprietary, state-of-the-art material is soft, breathable and flexible at rest, but instantly absorbs up to 90% of energy upon impact.



### MPAX® PRO

Innovative mid-layer material, infused with dynamic foam technology to reduce and redirect shock away from the foot; maximizes rebound for increased stride distance and to save energy at toe-off.



## **FAR INFRARED TECHNOLOGY (FIR)**

Redirects energy back into the body to help enhance muscle elasticity and performance, stimulate circulation, boost energy and relieve muscle fatigue.



## **GAIT CYCLE SYSTEM® (GCS)**

Only available from Foot Levelers, the GCS is a system comprised of Zorbacel® for shock absorption at heel strike, Stanceguard™ for variable support at midstance, and Propacel™ for a propulsive boost at toe-off.



### GAIT CYCLE SYSTEM EXTREME® (GCS-X)

Maximum support and protection from heel strike to toe-off with additional Zorbacel® and Propacel™ layers.



### DYNAMIC RESPONSE SYSTEM™ (DRS)

Proprietary arch material acts like a suspension system and enhances stability in all 3 arches by responding to variable loads and uneven terrain.



## DYNAMIC RESPONSE SYSTEM EXTREME™ (DRS-X)

The benefits of DRS plus additional shock absorption in the heel provides greater comfort, better protection and improved performance.



Proprietary & innovative fabric designed for enhanced durability Far Infrared Rays (FIR) redirect natural energy back to the body which can help enhance muscle elasticity and performance, stimulate circulation, boost energy, and relieve muscle fatigue

Unparalleled, stand-alone orthotic offering 47% more shock absorption and 130% more propulsion than our original InMotion® orthotic

State-of-the-art materials regulate temperature to help fight odors and keep feet cooler and more comfortable















**AVAILABLE IN** ITEM 0910501X - FULL LENGTH ITEM 0912908 - DRESS LENGTH

## inmotion



AVAILABLE IN ITEM 0910500X - FULL LENGTH ITEM 0912903 - DRESS LENGTH

Proprietary materials to control odor and Moisture-wicking Dri-Brelle® bacteria top cover keeps feet cool and comfortable Zorbacel® for protection from heel strike impact High-performance features help improve performance and recovery













## **EXTREME**

## **Maximum Cushioning**

Extreme includes maximum support, comfort and durability. Extreme comes standard with the Dynamic Response System™ for shock absorption and the Gait Cycle System Extreme® for maximum protection throughout the gait cycle.













## EXTREME ACTIVE

#### Recommended for:

- » Patients who live very active lifestyles
- » Moisture-wicking Dri-Brelle®



ITEM 0912501

## EXTREME COMFORT

#### Recommended for:

- » Patients who need extreme comfort
- » Patients who stand on hard surfaces for extended periods of time
- » TechCel™ material for patients who need maximum cushioning (especially those with sensitive feet)

ITEM 0912502

## EXTREME LUXURY

#### Recommended for:

- » Business professionals who stand most of the day
- » Patients who like the feel of luxury under their feet
- » Lambson™ vegan leather provides durability with a softer side

ITEM 0912500

## EXTREME TOUGH

## Recommended for:

- » Patients who put an excessive amount of wear and tear on their orthotics/shoes
- » Patients who have extra weight and need more shock absorbtion.
- » Genuine leather top cover







## Designed for Light/Moderate Activity

Ultra Stabilizing Orthotics are designed with a thinner profile for light/moderately active patients and include the Gait Cycle System® for protection from heel strike to toe-off.











## **ULTRA ACTIVE**

#### Recommended for:

- » Patients who do light activity
- » Moisture-wicking Dri-Brelle®



## **ULTRA LUXURY**

- · Recommended for:
- » Patients who need a thinner profile for casual shoe styles
- » Patients who prefer a leather top cover

ITEM 0912601

## ITEM 0912600

## ULTRA COMFORT

#### Recommended for:

- » Patients who need extra comfort
- » Patients who stand on hard surfaces
- » Patients with sensitive feet



## **ULTRA TOUGH**

## Recommended for:

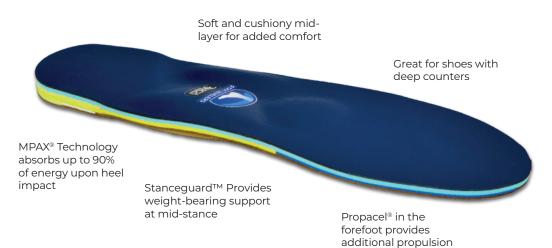
- » Patients who are hard on their shoes and who need a more durable product
- » Genuine leather top cover



ITEM 0912602

## ELITE COMFORT

Provides elite comfort and softness with an extra layer of cushion.





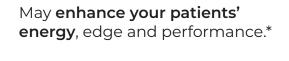












The Elite Energy Magnet System is strategically placed to help stimulate certain acupressure points that may decrease pain and increase circulation







ITEM 0910300

\*Contains magnets. Do not use if you are wearing a pacemaker or electrical implant of any kind, or if you are pregnant.













# DRESS LENGTH LUXURY

Our most popular dress length orthotic











removable liner



Propacel® in the forefoot provides additional propulsion



ITEM 0910713



Dress shoes with wider toe boxes









# DRESS NARROW FOR 1"

ONE INCH



VitaStep™ Comfort System includes DRS as a standard feature and added forefoot comfort across the transverse arch as well as a microfoam bottom

Thinner microfoam bottom allows for a soft, sleeker silhouette



ITEM 0910712











ITEM 0913600

IDEAL FOR
NARROW PROFILE HEELS FROM 1" - 2"

DRS as a standard feature and added forefoot comfort across the transverse arch as well as a microfoam bottom

VitaStep™ Comfort System includes

Includes dot fasteners

Thinner microfoam bottom allows for a softer, sleeker silhouette

Luxurious Lambson™ vegan leather top cover for long-lasting comfort

Note: No lateral arch support due to heel height.





## The Journey to Custom Sports Performance Starts Here

Explore our unrivaled collection of new, sports-specific Spinal Pelvic Stabilizers®.

With premium materials and exceptional engineering, we provide

a world-class experience with every step.

Talk to your doctor about Xtreme Performance today!



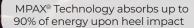
Elevate your workout routine with our XP3® Train orthotic! Designed with exceptional shock absorption properties and enhanced propulsion. Our XP3® Train features a resilient, military-grade top cover for unparalleled durability.







Resilient, military-grade top cover



Dynamic Response System Extreme™ provides additional shock absorption in the heel, for greater comfort, better protection, and improved performance ITEM 0913104









MPAX® Pro Technology maximizes rebound for increased stride distance and saves energy at toe-off



Keep on the move with our thinnest and lightest custom orthotic, the XP3® Run. Popular among athletes, it delivers superior shock absorption and support, setting the stage for extreme endurance and high-activity pursuits.

Perfect for minimalistic shoes, tightfitting athletic footwear and shoes without detachable factory liners



53.2% lighter than any of our other orthotics







ITEM 0913101



Take it to the next level with the XP3® Run Distance, our most flexible orthotic with extreme shock absorption and propulsion. Expertly engineered to redirect shock away from the body and maximize rebound at toe-off, this orthotic enhances endurance, making it a must-have for extreme athletes.

> Lightweight materials for maximum performance





Perfect for extreme endurance athletes Flexible perforated top like marathon runners, triathletes, and more

MPAX® Technology absorbs up to 90% of energy upon heel impact

> MPAX® Pro Technology maximizes rebound for increased stride distance and saves energy at toe-off









Introducing the XP3® Field, an orthotic custom-designed for outdoor sports enthusiasts. Created to fit into a field shoe or cleat, this orthotic aims to boost power, speed, and stability. Its superior shock absorption feature provides safeguarding against hard ground impacts, while its unique three-arch support enhances the biomechanics of the kinetic chain for an optimal athletic experience.











ITEM 0913105



Elevate your golf game with the XP3® Golf orthotic, Ideal for golfers at all levels, it enhances precision drives and promotes optimal body alignment while reducing fatigue.

propulsive boost at toe-off, helping to reduce fatigue



Moisture-wicking Dri-Brelle® top cover keeps feet cool and comfortable



Increases club head velocity 3-5 mph<sup>1</sup>

\*Contains magnets. Do not use if you are wearing a pacemaker or electrical implant of any kind, or if you are pregnant.











Ace your performance with the XP3® Court! The anti-skid base makes it great for quick lateral movements. This orthotic is ideal for enthusiasts and athletes engaged in court sports such as pickleball, tennis, basketball, volleyball, and more.

Moisture-wicking Dri-Brelle® top cover keeps feet cool and comfortable

MPAX® Technology absorbs up to 90% of energy upon heel impact

> StanceGuard™ provides full foot support, flexibility, and control at mid-stance

MPAX® Pro Technology maximizes rebound for increased stride distance and saves energy at toe-off













ITEM 0910714



Conquer the slopes with the XP3® Ski! Specially designed to offer tailored three-arch support in rigid ski boots, these orthotics come equipped with heightened shock absorption and extra propulsion to make the most out of those powder days. The XP3® Ski promotes superior balance and dynamic use of the foot, enhancing your skiing experience.



Cutting-edge temperature regulating material

Propacel<sup>™</sup> provides a propulsive boost at toe-off, helping to reduce fatigue

MPAX® Technology absorbs up to 90% of energy upon heel impact

> Enhanced stability in all three arches by responding to variable loads and uneven terrain











# TODAY'S PERFORMANCE IS ONLY AS GOOD AS YESTERDAY'S RECOVERY



Top athletes are aware of the key importance of proper recovery strategies. The XP3® Recover slide is specifically designed to offer the ultimate biomechanical edge during the recovery phase.

- · Adjustable strap ensures a supportive fit
- Provides maximum foot comfort while providing dynamic kinetic chain stability during gait

# The Mother Nurture® Custom Orthotics System

by Foot Levelers



3-Part System



## One cast/scan does it all:

- 1 pair of custom orthotics for Trimester 2
- 1 pair of custom orthotics for Trimester 3
- 1 pair of custom orthotics for Postpartum (the year after baby's birth)
- 1 Bonus Foot Roller (for orthotic break-in and general pain relief)

# Custom 2-pair orthotic system for these crucial stages of pregnancy:

## One cast/scan does it all:

- 1 pair of custom orthotics for **Trimester 3**
- 1 pair of custom orthotics for Postpartum (the year after baby's birth)
- 1 Bonus Foot Roller (for orthotic break-in and general pain relief)



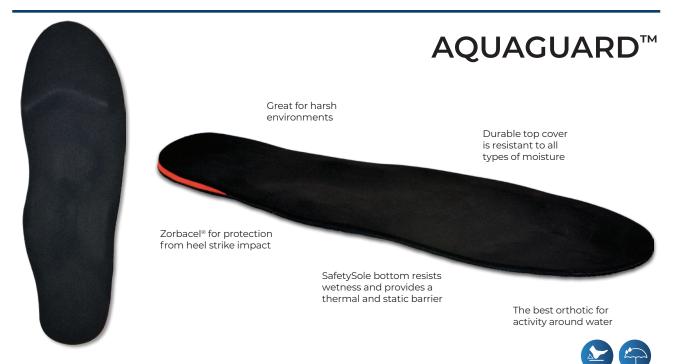
2-Part System





#### **AVAILABLE IN**

ITEM 1111 - FULL LENGTH | ITEM 101 - 3/4 LENGTH | ITEM 1156 - DRESS LENGTH



tight-fitting shoes







Exclusively for **AGES 5-12** 

- · Helps establish healthy posture as kids grow
- · May help alleviate growing pains
- · Helps with stability and support during sports or play



The Activator Flex™ Stabilizing Orthotic was engineered to work in conjunction with the Activator Methods Chiropractic Technique (AMCT) to provide a balanced, symmetrical foundation that supports the Activator adjustment.











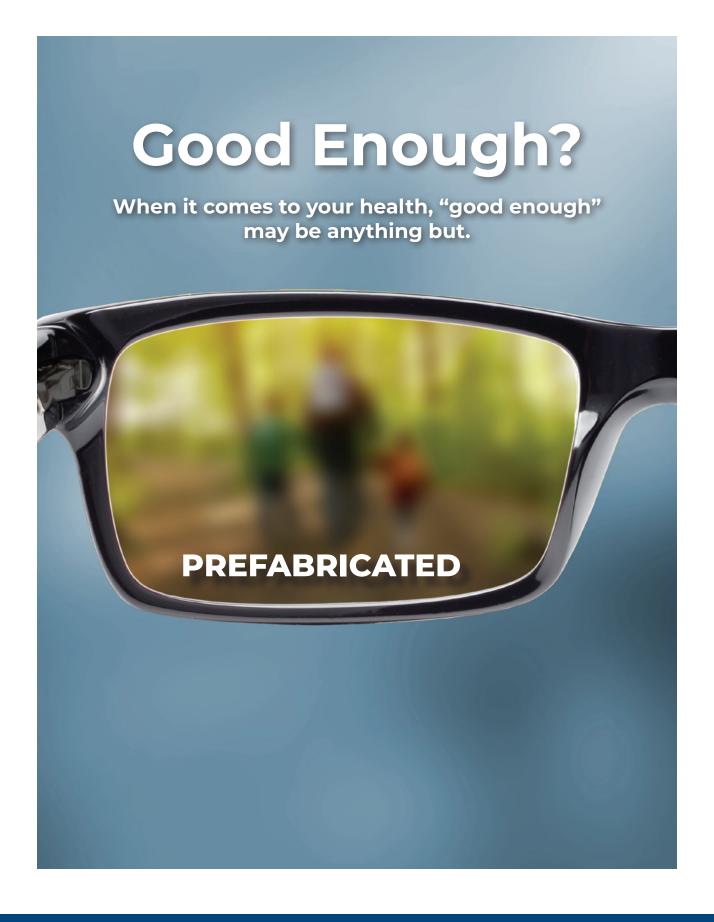


**AVAILABLE IN** ITEM 1366 - FULL LENGTH | ITEM 1367 - DRESS LENGTH



**AVAILABLE IN** 

ITEM 1362 - FULL LENGTH | ITEM 1363 - DRESS LENGTH



- Generic orthotics typically only support one arch and may not maintain the structure of the plantar vault. This can create problems in other parts of the body, such as painful stress in the low back and neck.
- Foot Levelers custom-made orthotics, however, are built with the **3 Arch Advantage**® and help support the finer points of the body by correcting all three arches.



By addressing all three arches, our orthotics help **reduce pain** throughout the Kinetic Chain and improve **balance**, **proprioception and physical performance**.

When the foot hits the ground, everything changes.®

# **5 REASONS**

## TO USE FOOT LEVELERS CUSTOM ORTHOTICS

1

## Easy, proven conservative care.

Foot Levelers orthotics are proven to reduce Low Back Pain by 34.5%.<sup>1</sup> Low back pain is the #1 cause for missed work, and is a leading cause of the current opioid crisis.

2

## **Create a Symmetrical Foundation**

The feet are the body's foundation. Foot dysfunction can cause problems throughout the rest of the body.

3

## **Dynamic Function**

Your balance and the way you walk are improved by wearing Foot Levelers orthotics.

4

## **Improved Performance**

Studies show Foot Levelers orthotics help increase drive distance on the golf course and reduce pain in those who stand all day.<sup>2</sup>

5

## **Heel Strike Shock Reduction**

Innovative materials absorb shock, which helps reduce pain and discomfort caused by heel strike while walking.

<sup>1</sup> Cambron JA, Dexheimer JM, Duarte M, Freels S. Shoe Orthotics for the Treatment of Chronic Low Back Pain: A Randomized Controlled Trial. Arch Phys Med Rehabil. 2017 Sep;98(9):1752-1762. doi: 10.1016/j.apmr.2017.03.028. Epub 2017 Apr 30. PMID: 28465224.

Stude DE, Gullickson J. Effects of orthotic intervention and nine holes of simulated golf on club-head velocity in experienced golfers. J Manipulative Physiol Ther. 2000 Mar-Apr;23(3):168-74. doi: 10.1016/s0161-4754(00)90246-x. PMID: 10771501.