EAGLE ENTERPRISES
A Complete World Of Rehab

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YOUR FEET, YOUR FIT, OUR CUSTOM INSOLES

Solutions For

Having Flat Feet / Heel, Foot, Joint Pain	Diabetic Neuropathy Patients having feet pain	Kids above 2.5 years / Obese Teenagers
Fitness Enthusiasts / Gym goers / Athletes ?	Standing for long hours ?	Pregnant Ladiess having leg / back pain

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WHAT IS FLAT FOOT ?

(PES PLANUS)

It is the condition in which one or both the feet have lowarches or no arches. This can cause feet to lie fully flat on the floor when standing. Many people with flat foot have no symptoms, but others may experience various symptoms that generally depends on the severity of the condition

TYPES OF FLAT FOOT?

GENERALLY SPEAKING THERE ARE 2 TYPES

Flexible Flat Foot

This condition mostly affects children. When the child stands, the arches of their foot will collapse, when seated or waking on tip toes, the arches will be visible again.

Rigid Flat Foot

In this condition there are no arches regardless of whether they are standing or sitting. This condition can affect children and can develop in adults

WHAT ARE THE SYMPTOMS OF FLAT FOOT?

The most common symptoms is the pain in the feet and shin, usually occurs due to strained muscles and the connecting ligaments. This causes abnormal stress on the knee and the hip joints, resulting in pain and discomfort.

THE MOST COMMONLY AFFECTED BODY PARTS ARE THIS

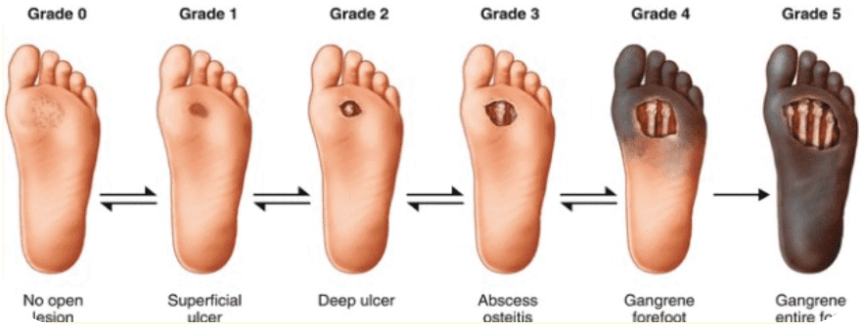
- Arches of the feet
- Ankle
- Calf / Shin
- Knee
- Hip
- Lower Back

THE MOST COMMON CAUSES FOR FLAT FOOT ARE

Genetics:
Flat Foot can pass from parents to children genetically

Obesity:
Excess weight puts extra stress on foot arches.

Pregnancy:
Increased weight causes posture misalignment.



Diabetes

Posterior Tibial Tendon Dysfunction (PTTD)

Trauma:
Trauma or injury to the foot and ankle

Arthritis, Rheumatoid Arthritis, etc
also causes arch of the foot to collapse

Spina Bifida, Muscular Dystrophy,
Cerebral Palsy, and Down Syndrome
affect muscle control

Tarsal coalition:
When foot bones fuse, causing
stiffness and flat feet

Hypotonia:
When muscle tone the arches
collapse profusely make it short

Excessive foot use by athletes
and fitness enthusiasts can cause
arch collapse due to muscle wear and tear

HOW IS FLAT FOOT IN CHILDREN?

Babies are usually born with minimal visible arches, which slowly develops over the period of 2 to 3 years of age. The condition requires full attention when flexible flat feet is still obvious until the age of 5 years.

WHAT IS THE NON-SURGICAL OR CONSERVATIVE TREATMENT FOR FLAT FOOT?

Some people with flexible flat foot without any symptoms usually does not require any treatments. For the people experiencing symptoms usually require well fitted, sturdy shoes with custom molded insoles. These insoles are usually removable and can be swap amongst the same pattern multiple shoes.

BENEFITS OF CUSTOMIZED INSOLES

Providing support for your feet.

Insoles are designed to provide support for the anatomical arches of the feet to give more stability while you stand and walk.

Protecting your joints

When you walk , run or jump, your feet meet the ground, the actual force applied on the joints of the feet, leg and spine are equivalent to 3 to 5 times of your body weight. Over the period of time, this wear and tear of the joints can cause pain, discomfort and soreness. Making customized foot orthotics helps to support the force load of your body by distributing the pressure more evenly across the surface of the feet. In addition to this, customized foot orthotics also absorb the impact over these joints while running and jumping activities. Most importantly they are also effective when your feet are different from each other, helping to restore the balance and preventing alignment related issues in symmetry.

Reducing pain

Misalignments in the foot structure caused by conditions such as flat foot, plantar fasciitis, arthritis causes significant pain in the other parts of the body. This happens due to increased stress on the ankle, knee and lower back, as the body struggles to adjust the biomechanical balance to compensate for the poor foot alignment. Custom foot orthotics can help to alleviate pain by improving the body balance, promotes healing without causing starin on the other joints. Importantly they protect the individuals who have diabetes from developing foot ulcers

Enhancing your athletic performances

Customized foot orthotics specifically designed for your athletic activities, reduces the force load of the technical demands of a specific sport, helping you produce more efficient and precise movements and improved body balance. It also provides foot protection, absorb shock, create better motion control, reduces muscle fatigue

Injury prevention

While walking or running our feet take a pounding especially for those who spend more time on their feet. Fortunately, customized foot orthotics can help to prevent and treat many types of muscle and bone problems, including injuries to the tendons, muscles and joints, as well as stress fractures. According to the scientific research, custom insoles help to prevent injuries such as Medial Tibial Stress Syndrome, Plantar Fasciitis, Knee injury. Research also states that, custom insoles reduce the risk of injuries by 28% and risk of stress fracture by 41%

Improving your well-being

Improving balance and alignment of your feet can reduce pressure from other parts of the body and improves your over all health. For instance, if foot or knee pain is preventing you from being more active or sleeping well in the night, custom insoles can have a positive effect on your whole health

FOOT CONDITIONS WHICH CAN BE RESOLVED BY USING CUSTOM FOOT ORTHOTICS

Bunions

Cavus Foot

Corn and Callus

Flat Foot

Hallux Rigidus

Hammer Toe / Claw Toe

Metatarsalgia

Morton's Foot

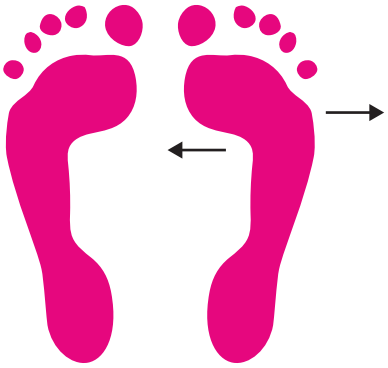
Neuropathic Ulceration

Plantar Fasciitis

Joint Pain

VARIOUS ARCH TYPES

Normal



Splay Foot

Collapsed Foot

Pes Valgus

Pes Cavus

Fallen Arches

KINEMATIC CHANGE

Brains
People who experience pain and discomfort due to foot pain also tend to suffer from Stress, bad conscience, depression and sleep deprivation. These often lead to weight gain

Neck and Shoulder Area
Tension neck, nerve impingement

Chest and upper back
Muscle Tension

Lower Back
Pelvis tilted forward
Can cause for example inflammation of the join capsule

Hip
Rotates Inwards
Runner's knee, jumper's knee and wear on joint

Shin
Rotates inwards
Common cause of shin split

Overpronation

Ankle
Turned inwards
Achilles tendon problems, Plantar fasciitis

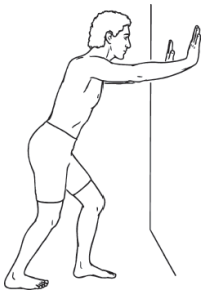
Foot
Rotates inwards
Fallen longitudinal arch
Plantar Fasciitis
Bone Spur
Bunion

Excessive Supination

Neutral

BASIC EXERCISES FOR FLAT FOOT

Soleus Stretch



Stand up straight close to a supportive surface.
Take a small step backwards with your affected leg.
Keep your toes pointing forwards and your heel on the floor.
Bend both of your knees and sink your weight down into your back heel.
You should feel this stretch in your lower calf, at the back of your heel.
Hold this position.

Plantar Fascia Stretch

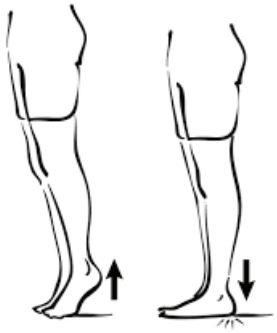
Start in a seated position.
Place a small ball underneath the arch of your foot.
Apply pressure down on the ball, and roll the ball from the base of the heel up to the base of the great toe.

Towel Curl

Start in a seated position.
Spread a thin towel on the floor in front of you and place your foot on the end of the towel.
Keep your heel on the floor and
use your toes to try to pull the towel towards you.

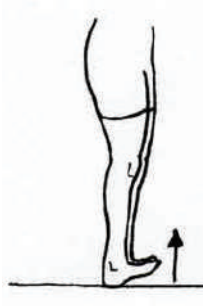
Note: Always consult your physiotherapist to ensure proper exercise form tailored to your individual condition and to prevent injuries.

Heel Raises



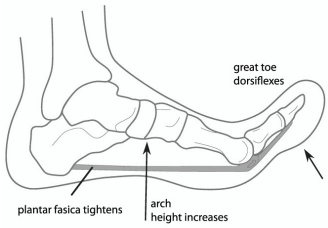
Stand up straight facing a wall.
Place both hands on the wall in front of you for support.
Rise up onto the balls of your feet then lower your heels back to the floor.
Continue this movement at a fast pace.

Toe lifts



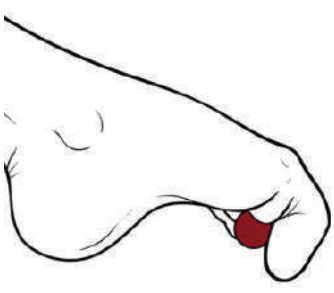
Lift the inside of the foot off the ground.
Lift the forefoot as high as you can while keeping your weight on your heel.
Lower the foot and repeat between six and eight times also.
Aim for three to five reps weekly.

Arch lifts



Also known as “foot doming,” arch lifts involve keeping your feet flat on the floor and raising the arch of your foot as much as you can, rolling the weight of your foot to the outside while keeping your heel and toes on the ground. You can perform the exercise either standing or sitting.

Marble pickups



Another exercise that strengthens the intrinsic (deep) muscles in your feet involves using your toes to pick up marbles. Place 10 to 20 marbles on the floor next to a bowl. While seated, use your toes to grab each marble and place it in the bowl. Bogden adds that picking up a towel with your toes can give you a similar workout.

OUR CLIENTELE











TYPES OF CUSTOM INSOLES

EVERYDAY

Key Factors

1. Material Thickness: 3 mm rubber for optimal support and cushioning.
2. Activity Level: Suitable for moderate activities such as walking, jogging, and daily wear.
3. Lifespan: 12-15 months, depending on daily step count and usage.
4. Support and Stability: Provides adequate arch support and stability for moderate activities.
5. Cushioning and Shock Absorption: 3 mm rubber provides sufficient cushioning and shock absorption for comfortable wear.

Additional Considerations

1. Weight: Lightweight design for comfortable wear.
2. Breathability: Breathable materials to prevent moisture buildup and odor.
3. Trim-to-Fit: Trim-to-fit design for easy customizatiom to individual foot shapes.

Target Audience

1. Recreational Athletes: Individuals who engage in moderate physical activities such as walking, jogging, or cycling.
2. Daily Wear: Individuals who spend long hours on their feet, such as retail workers, hospitality staff, or healthcare professionals.

SPORTS

Key Factors

1. Material Thickness: 3 mm rubber for optimal support, cushioning, and shock absorption.
2. Activity Level: Suitable for high-impact activities such as running, jumping, and quick changes of direction.
3. Lifespan: 8-10 months, depending on the type and frequency of sports activities.
4. Support and Stability: Enhanced arch support and stability features to prevent excessive pronation or supination.
5. Cushioning and Shock Absorption: Advanced cushioning and shock absorption properties to reduce the impact of repetitive landings.

Additional Considerations

1. Weight: Lightweight design to minimize energy expenditure during athletic activities.
2. Breathability: Enhanced breathability features to prevent moisture buildup and reduce the risk of blisters.
3. Customization: Trim-to-fit design for easy customization to individual foot shapes and athletic needs.

Target Audience

1. Competitive Athletes: Individuals participating in high-level sports competitions, such as track and field, basketball, soccer, or tennis.
2. Recreational Runners: Individuals who regularly engage in running or jogging for fitness and recreation.
3. Team Sports Players: Individuals participating in team sports that involve high-impact movements, such as football, rugby, or hockey.

FOOTBALL

Key Factors

1. Material Thickness: 2 mm rubber to provide optimal support and cushioning without compromising the snug fit of soccer shoes.
2. Activity Level: Specifically designed for soccer, where quick movements, sharp turns, and high-impact landings are common.
3. Shoe Compatibility: Designed for tight and snug-fitting soccer shoes, ensuring a secure and comfortable fit.
4. Support and Stability: Enhanced arch support and stability features to prevent excessive pronation or supination during quick movements.
5. Cushioning and Shock Absorption: Advanced cushioning and shock absorption\ properties to reduce the impact of repeated landings and movements.

Additional Considerations

1. Low-Profile Design: Slim design to fit comfortably in tight-fitting soccer shoes without compromising the fit.
2. Breathability: Enhanced breathability features to prevent moisture buildup and reduce the risk of blisters.
3. Customization: Trim-to-fit design for easy customization to individual foot shapes and soccer-specific needs.

Target Audience

1. Soccer Players: Professional, semi-professional, and amateur soccer players who require high-performance insoles for optimal comfort, support, and stability.
2. Youth Soccer Players: Young soccer players who need insoles that provide support, stability, and cushioning during their developing years.

CASUAL

Key Factors

1. Material Thickness: 3 mm rubber for optimal support, cushioning, and shock absorption.
2. Activity Level: Suitable for high-impact activities such as running, jumping, and quick changes of direction.
3. Lifespan: 8-10 months, depending on the type and frequency of sports activities.
4. Support and Stability: Enhanced arch support and stability features to prevent excessive pronation or supination.
5. Cushioning and Shock Absorption: Advanced cushioning and shock absorption properties to reduce the impact of repetitive landings.

Additional Considerations

1. Weight: Lightweight design to minimize energy expenditure during athletic activities.
2. Breathability: Enhanced breathability features to prevent moisture buildup and reduce the risk of blisters.
3. Customization: Trim-to-fit design for easy customization to individual foot shapes and athletic needs.

Target Audience

1. Office Workers: Individuals who spend long hours standing or sitting in an office environment.
2. Casual Wear Enthusiasts: Individuals who prioritize comfort and style in their daily footwear choices.
3. Daily Commuters: Individuals who walk or stand for extended periods during their daily commute.

EXECUTIVE

Key Factors

1. Top Layer Material: Premium leather for a luxurious feel and durability.
2. Material Thickness: 2 mm rubber for optimal support, cushioning, and shock absorption.
3. Activity Level: Suitable for moderate activities such as walking, standing for long office hours, and daily wear.
4. Shoe Compatibility: Ideal for leather shoes, office sneakers, dress shoes, and loafers.
5. Lifespan: 12-15 months, depending on usage and maintenance.

Additional Considerations

1. Breathability: Enhanced breathability features to prevent moisture buildup and reduce the risk of odor.
2. Customization: Trim-to-fit design for easy customization to individual foot shapes and executive wear needs.
3. Comfort: Designed to provide excellent comfort and support for daily wear.

Target Audience

1. Executives and Professionals: Individuals who value premium quality, comfort, and style in their footwear.
2. Business Owners and Entrepreneurs: Individuals who prioritize comfort and support during long office hours.
3. Individuals with Discerning Taste: Those who appreciate luxury materials and attention to detail in their footwear accessories.

BIOSOFT

Key Factors

1. Top Layer Material: Soft velvet for added comfort, warmth, and gentle care for sensitive skin.
2. Material Thickness: 4 mm soft rubber for extra cushioning, support, and shock absorption.
3. Activity Level: Suitable for mild to moderate activities, such as indoor and outdoor walking, to promote mobility and independence.
4. Shoe Compatibility: Designed for shoes with broad, deep volume to accommodate swollen feet or orthotic devices.
5. Target Audience: Specifically designed for senior citizens and patients with diminished natural foot fat loss, providing extra comfort and support.
6. Life Span: 12-15 months, depending on usage and maintenance.

Additional Considerations

1. Pressure Redistribution: Designed to redistribute pressure and alleviate discomfort, promoting healthy foot function.
2. Slip-Resistant: Features a slip-resistant surface to prevent slipping and falling.
3. Easy to Clean: Made with easy-to-clean materials to prevent the growth of bacteria and odor-causing microorganisms.
4. Customization: Trim-to-fit design for easy customization to individual foot shapes and geriatric needs.

Target Audience

1. Improved Comfort: Provides extra cushioning and support for sensitive feet.
2. Increased Mobility: Promotes mobility and independence for senior citizens.
3. Pressure Relief: Redistributes pressure to alleviate discomfort and promote healthy foot function.
4. Fall Prevention: Features a slip-resistant surface to prevent slipping and falling.

DIABETIC

Key Factors

1. No Top Layer: Designed for scooping and offloading to accommodate diabetic patients with wounds or open ulcers.
2. Material Thickness: 6 mm soft rubber for extra cushioning, support, and shock absorption.
3. Activity Level: Suitable for mild to moderate activities, such as indoor and outdoor walking, to promote mobility and independence.
4. Shoe Compatibility: Designed for shoes with broad, deep volume to accommodate swollen feet or orthotic devices.
5. Target Audience: Specifically designed for diabetic patients with wounds, open ulcers, or sensitive feet, providing extra comfort, support, and protection.
6. Life Span: 12-15 months, depending on usage and maintenance.

Additional Considerations

1. Offloading: Designed to offload pressure from sensitive areas, promoting wound healing and preventing further damage.
2. Cushioning: Provides extra cushioning and support to reduce shock and pressure on sensitive feet.
3. Breathability: Made with breathable materials to prevent moisture buildup and promote a healthy environment for wound healing.
4. Customization: Trim-to-fit design for easy customization to individual foot shapes and diabetic needs.

Target Audience

1. Specifically designed for diabetic patients with wounds, open ulcers, or sensitive feet, providing extra comfort, support, and protection.

HEMP INSOLES

Key Factors

1. Breathability: Hemp fabric allows for excellent airflow and moisture wicking, keeping feet dry and comfortable.
2. Durability: Hemp fabric is highly durable and resistant to wear and tear, ensuring long-lasting insoles.
3. Antimicrobial Properties: Hemp has natural antimicrobial properties that prevent the growth of bacteria and odor-causing microorganisms.
4. Softness and Comfort: Hemp fabric is soft and gentle on skin, providing excellent comfort for sensitive feet.
5. Eco-Friendliness: Hemp is a highly sustainable and eco-friendly crop, making it an excellent choice for environmentally conscious consumers.
6. Thermal Regulation: Hemp fabric helps regulate foot temperature, keeping feet cool in summer and warm in winter.
7. Moisture Management: Hemp fabric effectively manages moisture, preventing blisters and hotspots.
8. Support and Stability: Hemp fabric provides excellent support and stability for feet, reducing fatigue and discomfort.

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Tuesdays, Thursdays & Saturdays
4:00 PM - 7:00 PM

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