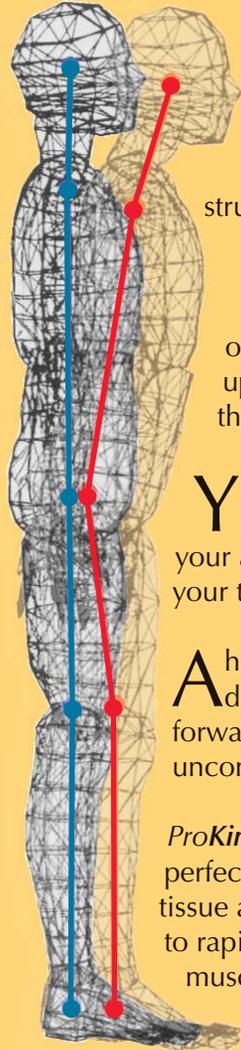


Poor Posture may cost you more than just not feeling good - it's vital to good health and longevity.



When your feet are unbalanced, one foot pronates more than the other, leading to a functional short leg. Your body does not differentiate between a structural and functional short leg.

One hip becomes more forward rotated than the other twisting your hips and upper body forward and toward the short leg.

Your chest implodes while your shoulders drift forward and your arms rotate internally, pointing your thumbs toward your body.

A harmful head forward posture develops and your jaw juts forward. A clicking jaw is not uncommon.

ProKinetics[®] Insoles combine perfectly with structural and soft tissue adjustments and therapy to rapidly overcome even severe musculoskeletal dysfunction and pain.

The Kinetic Technology truly separates these insoles from anything I have ever used before including custom orthotics.
Andrea Risi, Tampa, FL

Never in a million years...



would I have guessed all these problems could be caused by my feet:

- Mental fatigue from pain and discomfort
- Headaches and TMJ pain
- Shoulder and neck pain
- Reduced lung capacity
- Low back and SI joint pain
- Hip pain
- Knee pain
- Tight IT bands
- Leg cramps and fatigue
- Shin splints
- Internally rotated legs (Knock knees)
- Foot and ankle pain
- Unstable collapsing arches
- Morton's Neuroma
- Plantar Fasciitis
- Metatarsalgia

Good for your heart....bad for your body!

If you play sports like golf, tennis, running, skiing or biking, or just like to go for long walks, poor body mechanics will reduce your performance and enjoyment:

- Poor balance and agility
- Less power
- Less endurance
- More injuries
- Inconsistent performance

If you need proof that poor body mechanics and intense athletic activity can ruin your body, take a look at the high number of professional athletes who are debilitated with osteoarthritis and other musculoskeletal injuries.

Distributed by:

Don't let aches and pain get the best of you



If your shoe wear is uneven like this, you have found a serious problem!

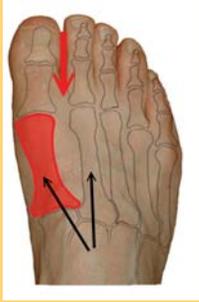
Take a LOOK!

More people seek help for musculoskeletal pain than any other disease.

A revolutionary solution that works naturally..

...taking care of your feet!

Over 80 % of the population are born with imperfect feet. Most of them have Elevated First Metatarsals. And, many people who suffer musculoskeletal pain have Morton's Foot Syndrome. Both are easy to recognize once you know what to look for.



Morton's foot is recognized by a deeper first webspace between the first and second toes compared to the second and third. It means the first metatarsal bone is too short relative to the second metatarsal.



The Elevated First Metatarsals can be observed when the feet are aligned so your knees travel straight over the middle of your feet when you do a knee band. While the second through fifth metatarsals are firmly on the ground, the first, and strongest metatarsal is not on the ground and properly weight bearing. It is elevated.

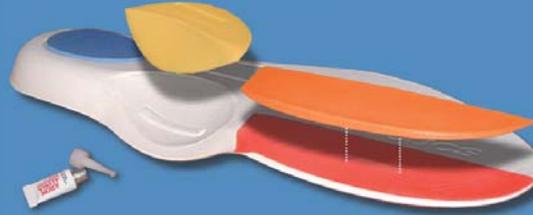
metatarsal is not on the ground and properly weight bearing. It is elevated.

ProKinetics® Insoles bring the first metatarsal to the ground to support your feet without your arch collapsing and your ankle rolling in.

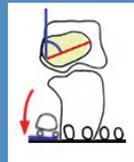
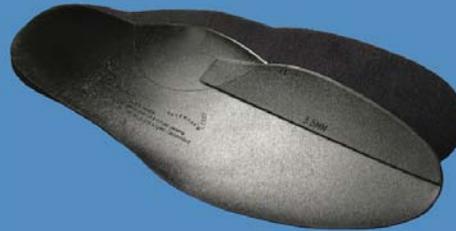


Before using ProKinetics I had custom built orthotics fabricated by my foot doctor. They never were very comfortable and they didn't help my shin splits. The Posture Control Insoles have been great and keep my feet, back and legs from getting tired as quick during physical activity and have greatly decreased my overall soreness after workouts. Thanks Rick.

Even a tiny pebble in your shoes will cause an instant neuromuscular response. That's the principle of operation of *ProKinetics*® Insoles. Instead of the pebble, a carefully placed and dimensioned wedge under your first metatarsals and big toes change your body mechanics and posture.

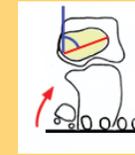


Based on your foot structure your provider will determine how much correction you need and if you also need arch supports. Depending on what kind of shoes you prefer, the insoles are also available in an Ultra-Thin version.



The small wedge acts as a timing device activating muscles that will bring your first metatarsal to the ground to stabilize and balance your feet.

Based on your condition, continued muscle therapy and structural adjustments may be needed, but you'll enjoy quicker progress toward your goal of more mobility, endurance and enjoyment of your daily activities.



When the body is in proper alignment, most people are not properly weight bearing on the inside of their feet. The first metatarsals and the big toes are not on the ground supporting your weight.



The first metatarsal tries to support your body, but in order to get to the ground, your arches collapse and your ankles tilt inward (pronation).



Some people subconsciously try to compensate and end up walking on the outside of their feet (supinate). They usually have tight calf muscles and all their muscles become tight because of posture instability.



Both these problems lead to serious posture problems. One leg becomes functionally short so the hips and shoulders become unlevel. The hips rotate forward so your posture becomes forward leaning. Extra torque in your knees and hips cause joint stresses that ultimately leads to premature osteoarthritis.

The postural imbalances cause your muscles to work over time just for you to stand up and walk. Tired muscles become tender and spasm easily causing cramps, loss of mobility and pain.

An unbalanced body feels much like carrying two bags of different weight. One side of your body becomes more tired and achy than the other after just a few minutes.

Poor posture and body mechanics ultimately sends most people across a threshold when pain develops. Heavy physical work and athletic activity may accelerate the pain unless corrected.

ProKinetics®, the quick, easy and affordable solution that is guaranteed to work for you!