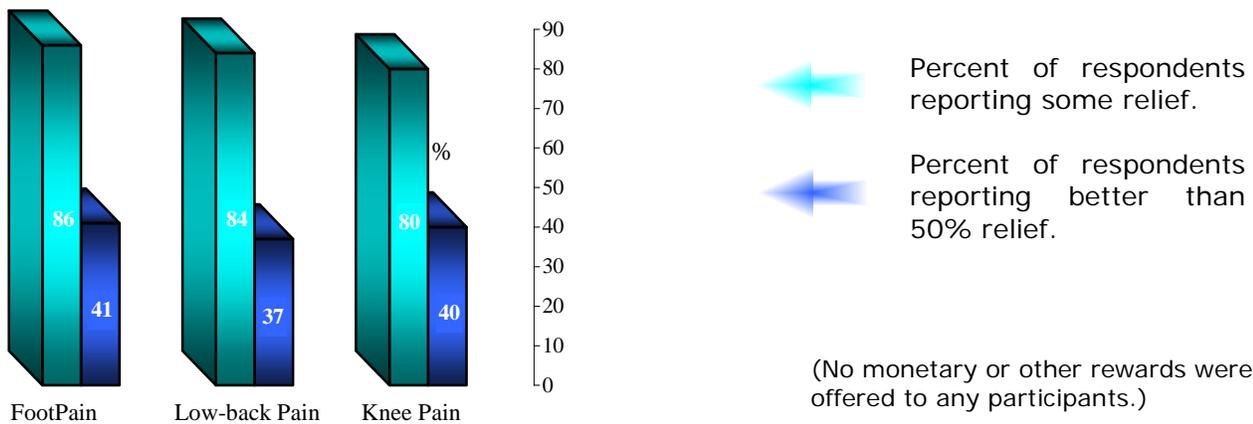


**Demonstrating the practical impact of Generic 3.5 mm Posture Control Insoles®**

Delivery drivers and flight attendants are two groups who place continual occupational stress on their lower limbs and back, and stay on their feet for hours at a time.

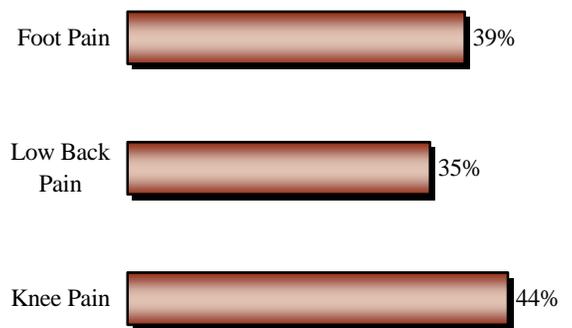
With management approval, we approached volunteers in these groups who were willing to try our Posture Control Insoles™ and report their experiences. Generic Posture Control Insoles® 3.5 mm were provided to determine if a non custom product would be effective for a cross section of the public.

Fifty-one *Alaska Airlines* flight attendants participated. Thirty-two provided written reports on their experience with the generic Posture Control Insoles®. For each category of pain, Alaska Airlines flight attendants reported:



Forty **United Parcel Service** drivers volunteered to test generic Posture Control Insoles®. Written feedback on their experience was received from twenty-three drivers.

For each category of pain, the percentage of UPS drivers reporting significant relief (greater than 50% relief)



Conclusion

- The participants in these studies received a pair of generic 3.5 mm Posture Control Insoles® with no arch supports. The participants reported significant pain reduction (exceeding 50%) in 39% of the foot pain cases, 35% of the low back pain cases and 44% of the knee pain cases. Across the spectrum, 80% reported that they could feel a recognizable difference.
- In clinical studies, 336 patients suffering from low back and knee pain were provided with custom fit first generation Posture Control Insoles®. 72% of the knee pain patients and 82% of the low back pain patients reported better than 50% reduction in chronic pain.
- Outcomes improve when the full spectrum of 3.5, 6.0 and 9.0 mm Posture Control Insoles® are used in combination with arch supports according to Posture Dynamics directions.