



# ANYTHING TECHNICAL

ski and leisure



## High definition Custom moulded Insoles

### Hallux Valgus

A more common term for this condition is a bunion. The big toe joint is swollen and painful and the big toe drifts outside

### Metatarsalgia

The term given to forefoot pain. This is common amongst people with high arched feet, or women who wear high heeled shoes

### Morton's Neuroma

This is a burning pain between the third and fourth toes, under the ball of the foot. Often caused by pressure or wearing tight fitting footwear

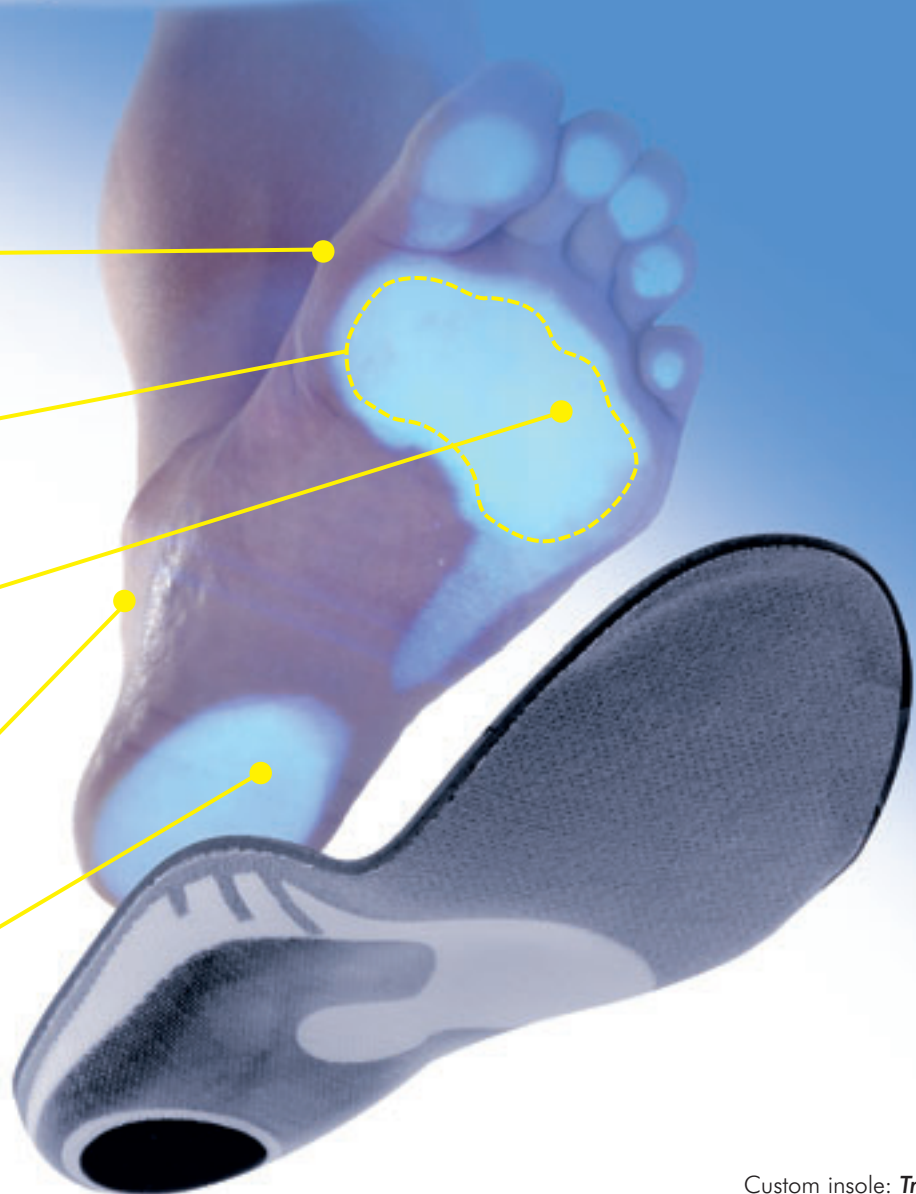
### Achilles Tendonitis

A common injury sometimes due to overuse of what is the largest tendon in the body. Often linked to calf muscle pain

### Plantar Fasciitis

This problem is caused by damage to the thin layer of tough tissue that supports the medial arch and stabilises the foot

Normally pain will be felt in the heel area and will be at its worst when getting out of bed in the morning



Custom insole: **Trek 3D**

Every foot is unique in shape, volume and the way it moves. Some feet are rigid while others are too mobile. Most feet need support and stability to ensure they function at their best. Your foot dynamics have a critical influence on posture, balance and performance. A customised solution can address this.

**Everyone can benefit from this innovative product, which is already being used by many of the world's leading sportsmen and women and can help you to enjoy a more comfortable and healthy lifestyle.**

The custom footbeds are moulded directly under your feet using vacuum silicon pads, much like a footprint in the sand. They support the feet using the natural biomechanics of the foot and body to auto-position muscles, bones and joints for optimum comfort, balance and performance for any sporting activity. **Whether you run 20 miles per day, or take the dog for a walk once a week, we can help make your feet more comfortable and improve your posture at the same time.** The whole process takes between 15 and 45 minutes, and costs no more than a good night out!

At Anything Technical we have over 20 years experience working with Sidas insoles. All our staff are fully trained in the correct procedure to produce insoles to the highest possible standards. **We are regarded as THE specialists for the North of England - please call 01539 734 701 to book an appointment.**

Thermo-moulding by vacuum process



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