ATHLETIC SHOES
Stability Shoes:
Moderate Pronation
- Asics Gel Kayano 19 & 24
- Mizuno Wave Inspire 13
- North Face Ultra 109 GTX
- Saucony Guide 10
- Saucony Omni ISO
- Brooks Adrenaline GTS 17
- Brooks Ravenna 9

ATHLETIC SHOES
Motion Control Shoes:
Moderate to Severe Pronation
- New Balance 990 V4
- New Balance 1260 V6
- Brooks Beast 16 or 18
- Brooks Adrenaline GTS 18
- Brooks Addiction 12
- Saucony Omni 15
- Saucony Hurricane ISO 4
- Asics Gel Fortitude 7
- Asics Gel Foundation 12

PRESENTER INFORMATION
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“MY FEET HURT!”
COMMON PROBLEMS & SOLUTIONS FOR FALL PREVENTION

USC PHYSICAL THERAPY
In partnership with the USC Emeriti Center

Strengthen your Core!
### 3 COMMON PROBLEMS

#### Heel and/or Arch Pain
**Causes:**
- Bone Spurs
- Plantar Fasciitis
- Heel cord tightness
- Foot weakness
- Unsupportive footwear

#### Painful Fallen Arches
**Causes:**
- Abnormality from birth
- Stretched or torn tendons
- Foot weakness
- Chronic heel cord tightness
- Rheumatoid arthritis

#### Achy Feet
**Causes:**
- Injuries to the feet
- Overuse problems involving tendons, ligaments, and bone
- Foot and hip weakness
- Unsupportive footwear
- Obesity

### SOLUTIONS: First-Line Home Defense Strategies

#### Heel and/or Arch Pain
- Calf Stretching
- Foot Core Strengthening
- Heel Cups
- Supportive Insoles
- Stability or Motion Control shoes

#### Fallen Arches
- Foot Core Strengthening
- Hip Strengthening
- Calf Stretching
- Supportive Insoles or Custom Orthotics
- Motion Control shoes

#### Achy Feet
- Foot Core Strengthening
- Hip Strengthening
- Cushioned Socks
- Supportive and/or Cushioned insoles

### SHOES
- Finn Comfort
- ABEO
- Vionic
- Rockport
- Clarks

### SANDALS
- Finn Comfort
- Vionic
- ABEO

### FLIP-FLOPS
- ABEO Alea, Balboa, Benefit
- Vionic Tide or Tide II

### SUPPORTIVE INSOLES
- Vionic Active Orthotic Athletic Inserts
- Powerstep Journey Hiker
- Spenco Polysorb Heavy Duty Max Insoles

### CUSHIONED INSOLES
- Spenco Polysorb Cross Trainer Insoles

### CUSHIONED SOCKS
- Thorlo socks
- Smart Wool socks

### HEEL CUPS
- Silicone soft heel cups (Amazon)
- Visco-Gel heel cups (Amazon)

### WEBSITES
- ABEOFootwear.com
- Vionic.com (Uses orthaheel technology)
- FinnComfort.com
- FootSmart.com (Uses ABEO B.I.O. technology)
- PowerSteps.com
- Spenco.com