

# **lifestyles**

neuromuscular and **massage therapy**

**Do you, or someone you know, suffer from:**

- painful hip joints
- low back pain
- knee pain
- sore calf muscles
- ankle issues
- sore feet

These issues can be associated & perpetuated by poor posture, driven by faulty foot biomechanics during walking, running & your natural standing positions. This can have a considerable impact on the way your musculo-skeletal systems function, often resulting in pain.

**Ask your therapist if you could benefit from Posture Control Insoles<sup>®</sup> or ProKinetic Natural Body Balance Insoles<sup>™</sup>**

