

# Discovering Footlevelers



with Dr. Sitzmann

Footlevelers® Spinal Pelvic Stabilizers are not just for the feet. They also help properly support the back, knees, hips, ankles and pelvis by providing a balanced foundation for the body. Adults are not the only ones who suffer from pronation – when the foot rolls in when you walk or stand. Many children suffer from mild to severe pronation, as evidenced by how quickly they wear through their shoes, or how their ankles roll in when standing.

We recently sat down with Dr. Sitzmann to ask him a couple of questions about children, pronation and Footlevelers®.

Q. Do you think that most parents are surprised by the results they see after we scan their child's feet?



A. “Yes and no. Many parents see the same thing happening to their children's feet that has happened to theirs. I love to re-scan the feet after the child has worn the Footlevelers® for a while. It is exciting to objectively see improvements!”

Q. Why should a parent invest in a pair of spinal pelvic stabilizers for their child?

A. “The feet are the foundation of the body. The earlier a mechanical problem is addressed, the less damage will have occurred to the joints. The prognosis is much better with early intervention.”



### What is this picture?

This picture shows two different foot scans. On the left is a perfectly balanced foot. All 3 arches in the foot are still intact (meaning they have not dropped, or “fallen”). The red color indicates where there is pressure placed on the foot. The person with this foot has balanced feet.

The picture on the right shows a person with flat feet. All 3 of the arches in the foot have fallen. When this person stands up straight you can see that their ankle rolls in. This scan represents severe pronation.

### How does the Doctor use the scan to make the pelvic stabilizers?

Once we perform the scan and determine which type of stabilizer best fits your needs, we will gather a few more details (height, weight, etc) and send this information, along with your scan, off to Footlevelers®. From here, they will make a pair of custom orthotics specific to *your* scan. No two scans are ever the same; therefore no two pair of stabilizers is ever the same!



## **Sitzmann Chiropractic Back to School Sale on Spinal Pelvic Stabilizers**

Starting August 1<sup>st</sup> – September 30<sup>th</sup> all students who purchase a pair of Footlevelers® Spinal Pelvic Stabilizers will receive **25% off** the total purchase price (pre-tax)!!!