

MATT SAYS

I challenge my body relentlessly, often on a daily basis. I work on Police patrol anywhere from 9 to 17 hours a day while carrying around 15 to 20 pounds of gear, to include standard work-style boots. During this time, while mainly swimming, biking, and running between 8 and 21 hours weekly, I've lived at times on achy, painful feet, and used to believe it was exclusively a consequence of my training and my job.

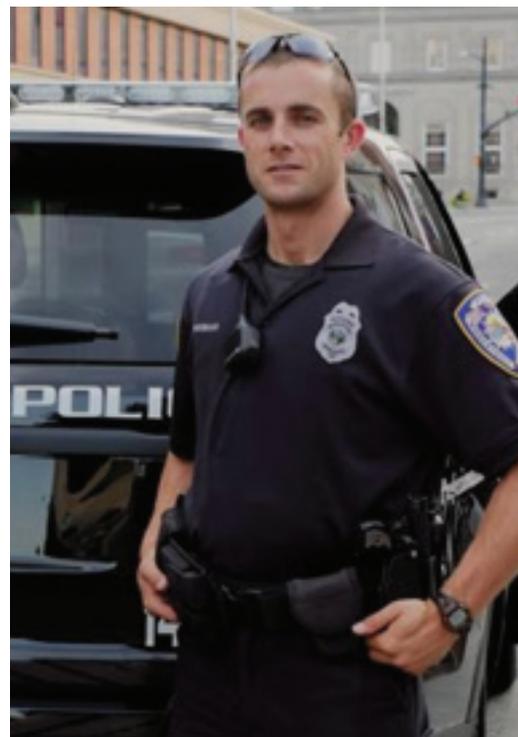
My training and work schedules demand a 'Type A' personality when it comes to selecting the products/equipment I use to support what I do. Since using Powerstep® orthotics for over a year now, I've realized that my feet have been the 'tail wagging the dog': a lack of quality foot/arch support in my footwear has been forcing the rest of my body to compensate and work in ways it wasn't designed to. The result of using both the Powerstep® Pinnacle in my work boots and the Powerstep® Pulse® in my running footwear has been dramatic: less aches and pains all the way from my feet up to my neck.

The weight of my gear while on patrol has felt way more manageable, and I observed this almost immediately after inserting the Powerstep® Pinnacle into my work boots. My Pinnacles have saved me from thousands of painful steps on mostly hard city streets and sidewalks or while I'm standing for long stretches of time.

Using the Powerstep Pulse® in my running footwear has provided me with a smoothness to my foot strike that I haven't felt before. That 'beat up' feeling I would get after long runs, usually 13 to 26 miles (sometimes immediately after long bike rides), has been reduced significantly!

My overall posture has improved and my feet are now in a position where they are not being forced to work in ways they weren't intended to. When your movement mechanics improve, your aches and pains are improved, bottom line. My ability to meet the demands of my job as well as my training have improved, both measurably and anecdotally.

Powerstep® orthotics have improved my overall quality of life and I take pride in representing Powerstep's orthotic line.



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