PLANTAR SURFACE AREA OF THE FOOT REDUCED THROUGH THE USE OF BIOFEEDBACK INSOLE

In pre-clinical trials using the Barefoot Science insole, it was shown that there was an increase in the structural integrity of the foot. In addition, there was a lessening of pressure hot spots beneath the foot. Musculoskeletal alignment begins with the feet. Atrophied foot muscles are directly related to flat feet, overpronation, plantar fasciitis, Achilles tendon, shin splints, bunions, heel spurs," foot, ankle, knee, hip, lower and upper back, shoulder pain", arthritis and diabetic limb amputation.

Under Foot Surface Area Mapping with F Scan Results:
When the raw data was analysed to compare pre-test surface area and post test surface area it was found that on average there was 36% reduction in surface area. The foot muscle has no choice but to strengthen when stimulated with every step. 100% of subjects showed a reduction in plantar surface area.