

To my fellow Pod people and persons that have foot related problems, I've found a product called Barefoot Science. I like this product and I use it daily, both for myself, and my Podiatric patients, I personally have had foot related injuries and deficits that caused daily foot pain for years as a result of my military service, not any longer though with my Barefoot Science inserts.

I would not go without these inserts in my shoes. I was introduced to this product at a foot healthcare symposium, by Mr. Derek Denton of Alamo Medical services...

As an employee of a Podiatry Service of a VA hospital in Texas, I perform highly technical work involved in the design, development, fabrication, alteration, assembly, fitting and repair of orthotic foot braces and orthotic shoes for Veterans as related to their post military service, i.e.: disease ,injury and overuse of the feet and ankle(s). I interpret Podiatrist' prescriptions and perform all steps required in the fabrication and fitting of the several types of orthotic braces, for many of which there are no models or precedents, including but not limited to ankle, foot and lower limb, as related to Podiatric disabilities and advise physicians concerning all types of corrective devices available and modification necessary; to help heal or ameliorate these conditions.

***Presently now with the Barefoot Science product(s)**

I personally have noticed over the years the Pedorthic/Podiatric appliances and more complex appliances in the Pedorthic /Podiatry labs were more accommodating to the "functional foot conditions" that kept the foot aligned and rigid, yet never strengthened the foot, although there is a myriad of devices that claim they do so. I have tried most and until now none of them worked for this purpose of strengthening the intrinsic muscles. I started working with Barefoot Science a few years ago, and it has really turned our practice into a healing clinic. Helping ameliorate painful Podiatric conditions such as plantar fasciitis, metatarsalgia, claw toes, hammertoes, corns, plantar fasciitis, patellar misalignments, chondromalacia patella, ITB syndrome. I have been working in this field of Podiatry since the mid 1980's, both with U.S. Navy and Marine Corps personnel, now with Veterans of all armed services as a triple Board Certified Pedorthist and Podiatric clinic manager. I wished we would have had this Barefoot Science product while I was on active duty as a Navy Corpsman, this may have prevented a lot of future/past foot related conditions that we see now.

I have also noticed currently within our Podiatric practice a remarkable shift for continuity of care while using these barefoot science rehabilitative foot inserts. The patients get better and stronger while walking not sitting with their feet elevated and hoping the NSAIDs do the job. I've noticed a reduction of fatigue from all our patients now that they can walk and repair themselves; we have reduced the need for pharmaceuticals (pain meds), orthotics, foot-braces, or surgical interventions, finally solutions ,for these chronic and painful foot problems!

***I agree with the following statement of use, and I could not have said it better!**

Each Barefoot Science Arch Activation System™ comes with a pair of insoles to fit into your existing footwear and a series of progressive arch activation inserts. To start, just pop Level 1 into the underside of the insole, slide them in your shoes and get on with your day! It feels like a mini foot massage, sending waves of comfort throughout your body. That sensation is actually your foot

muscles waking up and getting stronger. When the sensation fades, usually within a week, your feet are ready to move up to the next level. It's that easy! With each step, your feet become stronger and more efficient.

I recommend this product, and I am not just a practice of one, I work with Dr Karen Brooks, a Podiatrist, we tag team on every Veteran that enters our offices for Podiatric services, she too has over 25 years' experience in Podiatry Practice and is also very happy with the results of this innovative design and the multiple uses of this barefoot Science rehabilitative and preventative shoe insert to help our Podiatric patients/Veterans.

Sincerely, Mike Olden...

P.S. Please note: We have a Zebris gait lab pressure measuring platform onsite in our clinic's Pedorthic lab, that is used to measure our results on every patient pre and post usage of the Barefoot Science rehabilitative inserts. Both static and dynamic is monitored, along with postural sway, including the shoes that they are worn in. The proof is in the pudding, try it for yourself!

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KD DIV.Podiatry PAVE TEAM Coordinator/Trainer
KD DIV.Local AFGE 2281 Steward+SGT-AT-ARMS
KD-Disaster Emergency Medical Personnel System-Team Coordinator
Advanced Disaster Life Support Instructor-Cert.
Advanced Disaster Medical Response for Providers-Cert.
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