

## HEEL PAIN

(Plantar Fasciitis)

Heel pain is commonly caused by rolling over of the foot ('over pronation'). As the foot pronates, the arch collapses and the muscles and supporting structures are forced to stretch and elongate. This puts stretch (traction) and strain on the Plantar Fascia running from the heel to the toes.



In turn, the heel bone may 'respond' by developing a bony growth right in the centre of the heel - the heel spur.

VASYLI Custom realigns the foot, reducing the stretch (traction) forces on the Plantar Fascia - taking away this common cause of heel pain.

## BALL OF FOOT PAIN

(Metatarsalgia)

This condition commonly occurs with women, however many men suffer from pain in the ball of the foot. Sometimes a callous develops in the centre of the foot and footwear may wear out in a similar fashion.



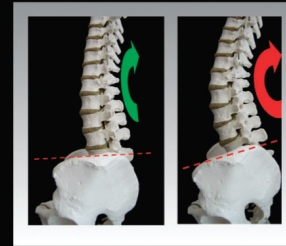
This condition causes a burning sensation in the ball of the foot and can become very painful. Ball of Foot Pain (Metatarsalgia) commonly occurs from rotation and dropping (plantarflexion) of the metatarsal bones along with over pronation and weakening of the soft tissue (ligament & muscle) structures.

VASYLI Custom aligns the metatarsal shafts using an inbuilt 5mm met raise. By balancing the weight distribution over the five (5) metatarsal bones, this helps remove excess weight & friction which commonly causes the callous and burning sensation.

## BACK PAIN

(Lumbo-Sacral Pain)

As the feet roll over and the legs internally rotate the pelvis is forced to tilt forward, resulting in increased curvature of the lower back.



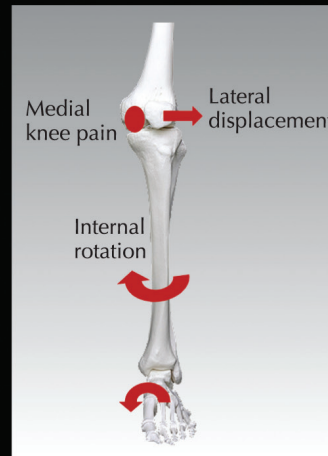
In turn, this causes tightness and stiffness of the lower back muscles.

VASYLI Custom helps align the body posture by controlling the feet, reducing internal rotation of the legs and forward pelvic tilt, therefore easing lower back pain.

## KNEE PAIN

(Patello-Femoral Pain)

This type of knee pain is commonly caused by rolling over of the foot - 'over pronation'. As the foot rolls over, the lower leg (tibia) internally rotates, putting forces on the knee cap and weakening the muscle structures, causing knee pain.



By realigning the lower limb and preventing the feet from rolling over, VASYLI Custom reduces internal rotation of the leg and takes away this common cause of knee pain.

Available to Rehab Clinicians  
exclusively through Patterson Medical.  
[www.pattersonmedical.com](http://www.pattersonmedical.com)



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*ideal for patients with  
plantar fasciitis & knee pain*



**A GUIDE TO ORTHOTICS  
AND COMMON FOOT  
COMPLAINTS**

**VASYLI**<sup>®</sup>  
M E D I C A L



Our feet were designed to walk on natural, soft surfaces like soil and sand. When our feet land on soil or sand, these surfaces give way to accommodate the lower limb's natural strike angle. Unfortunately, we give our feet a daily pounding by walking and standing on unnatural hard, flat surfaces like pavement and floors. This forces our feet to 'roll inwards' and our arches to flatten - a condition called 'over pronation'.



the problem... the cure

Poor alignment of the feet and legs can cause wear and tear to other parts of the body (much like poor wheel alignment on a car can affect steering and suspension). This mal-alignment disrupts normal knee and hip function as well as increasing forces on the muscles in the lower back.

To align the feet and body posture to their correct position we need to restore the lower limb's natural angle. VASYLI International has dedicated 27 years of research into problems related to walking on unnatural, hard, flat surfaces. The result: 'VASYLI Orthotics'.

*Phillip J. Vasyli*

**Phillip J. Vasyli,**  
Podiatrist, Chairman VASYLI International,  
Author of Nature Versus Civilisation Theory™



VASYLI Orthotics are unique, patented shoe inserts invented by Podiatrist Phillip Vasyli to correct the lower limb to its natural angle. In turn, VASYLI Orthotics provide you, the patient, with natural, lasting relief for many chronic complaints including **Heel Pain, Knee Pain, Back Pain and Aching Legs.**

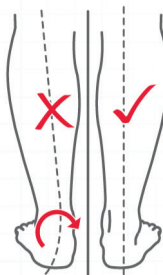
Other complaints that can be treated successfully with VASYLI Orthotics are:

- Flexible Flat Feet
- Bunions & Hammer Toes
- Knee & Hip Pain
- Corns & Callous
- Ball of Foot Pain
- Shin Pain
- Heel Pain
- Low Back Pain

### Natural relief

Poor alignment of the lower limbs

Arches flatten and feet pronate inwards



Realigns the lower limbs.

Clinically proven to improve foot function & relieve associated heel and ankle pain by reducing over pronation.

### Wearing in and care:

It may take a few days for your feet to become accustomed to VASYLI Orthotics. If any discomfort occurs, remove them for one or two hours, then wear them again. Continue to do so until comfortable. Should any discomfort continue, consult your prescribing physician.

**To clean:** simply wipe the cover with a damp cloth. In the unlikely event of odor build up, the custom orthotic can be wiped with an antibacterial solution.



Supination Control



Tissue Stress Relief



Custom Range



Easy Fit



McConnell High Heels

## VASYLI: multi-award winning orthotic technology



### PRODUCT FEATURES AND BENEFITS

Some features may vary between models

- Rearfoot Angular Restraining Mechanism "ARM"™ Controls how far the foot rolls inwards.
- STC: Sustentacula tali control™ - the control point for the heel.
- 1st ray plantarflexor - Improves function of the great toe a major joint stabilizing influence in the forefoot.
- Lateral grid: prevents shifting of the orthotic during the heel strike phase.
- Metatarsal raise - Reduces pressure under the ball of the foot.
- Deep heel cup - stabilizes heel position to maximize control.
- Shock dot - designed to dissipate heel impact forces.
- Rubbed nylon with EcoFresh® - deodorizing cover eliminates odor and moisture build up.
- Sagittal plane control - assists in controlling midfoot alignment.
- Balanced rearfoot - forefoot ensures correct foot function.
- Heat moldable.



Dananberg



Armstrong Sensitive Feet



Low Profile Sports