



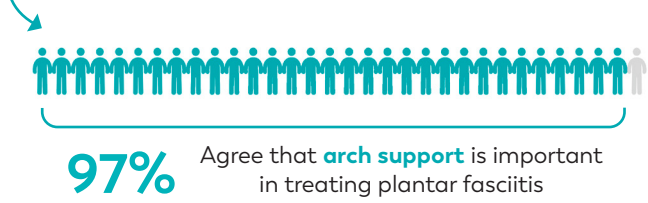
# FIGHTING THE WAR ON FOOT PAIN

## 2019 PILOT SURVEY RESULTS



Plantar fasciitis is one of the most common sources of heel pain. Unsupportive footwear is a leading cause of plantar fasciitis.

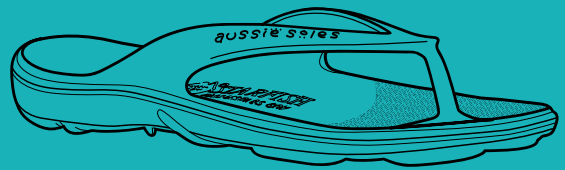
Aussie Soles work with podiatrists to fight the war on foot pain by creating supportive lifestyle and sports recovery sandals.



Would recommend **Aussie Soles** as a healthy alternative to flat sandals



Would recommend **Aussie Soles** for recovery after exercise



### TOP 10 PLANTAR FASCIITIS / FASCIOTHERAPY TREATMENTS

- 1 Stretch and massage
- 2 Supportive footwear
- 3 Bespoke orthotics
- 4 Shockwave therapy
- 5 Steroid Injections
- 6 KT tape and strapping dye
- 7 RICE and ice therapy
- 8 Low level laser
- 9 Ultrasound
- 10 Surgery