

Interesting INSIGHTS



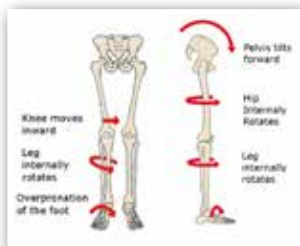
Chromosome 21 is the gene associated with Down syndrome and also the gene that makes collagen. Collagen is the major protein that makes up ligaments, tendons, cartilage, bone and the support structure of the skin. The resulting effect in people with DS is increased laxity or looseness of the ligaments. Ligamentous laxity contributes to flat feet. When the feet flatten out, the leg internally rotates causing shin splints. This rotation also occurs at the knees and hips causing knee, hip and back problems.

COMMON PROBLEMS



FOOT PAIN- As the arch flattens out, the foot pronates and rolls in. Bunions are hereditary, but are very common in people who have flat feet.

ANKLE INSTABILITY- As the arch flattens out, the ankle rolls in. Some people learn to compensate and walk on the outsides of their feet, further weakening the ankle.



SHIN SPLINTS The leg then rotates causing shin splints and a pulling of the posterior tibial tendon away from the tibia (the large bone of the leg)

KNEE PAIN - As the leg rotates, the knee then is twisted causing a weakening of the knee

ligaments and a wearing down of the cartilage.

HIP/BACK PAIN - This rotation continues to torque the hip and lower back causing pain in the hips, back and/or neck.

OUR WHY



HIS NAME IS MICAH.

He is our inspiration for helping people with Down syndrome. We feel the medical community sometimes forgets about this awesome population of people. All life is precious and deserves the best quality of life possible.

CONTACT US
TO ORDER TODAY!



- ORDER ONLINE -

 j1insoles.com 

PO Box 422 | Spearfish, SD 57783

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30 Day Money Back Guarantee



j1 insoles

Developed by a podiatrist,
Dr. Lorri Riley



j1 juniors



DOWN SYNDROME

AND THE EFFECTS ON THE
FEET AND BODY



Patented for
Flat Feet

Patent # 8,756,836

FOOT NOTES

- Before placing your j1 insoles in the shoes, check your shoes. They need to be properly aligned and not broken down.
- When you put your j1 insoles into the shoes, if it feels too tight, remove the insole of the shoe. Some people may have to go up a half size in shoes.
- J1 insoles work the best in shoes that tie and give more support.
- This is not common, but if you find the j1 insoles to be too long, remove the insole of the shoe and place it over the j1 insole and cut off the excess end of the j1 insole.

BREAK IN PERIOD

J1 insoles are not just a cushion, they are going to realign not only your feet but your whole body. Your foundation controls the whole body. So you may experience some discomfort not only in your feet but other parts of the body as you are getting realigned.

- Wear your j1 insoles for 2-3 hours the first day and gradually increase the time you are using them.
- By 2 weeks you should be able to wear them without any discomfort.
- You may notice some muscles and joints get tender as you go through this adjustment, it is just an indication how much your body was out of alignment.
- If you are still experiencing foot pain, especially your heel, see your podiatrist. Sometimes so much scar tissue has developed that further treatment is needed such as medicine, injection, physical therapy and rarely surgery.
- Along with your shoes, it is recommended to replace your j1 insoles every 6-12 months.



EXPLORE LIFE

Patented 3 Point Correction for FLAT FEET

(Moderate to Severe Pronation)



- FOREFOOT VARUS CONTROL** - J1 insoles are the only arch supports that have the built in forefoot varus control that is needed for flat feet (pronation). Without this patented correction, your foot is not totally supported and will make your arch hurt in other insoles or prescriptions orthotics.
- ARCH SUPPORT** - If when you are sitting, you have an arch, but when you stand, the arch flattens out you have a flexible flat foot. J1 insoles provide this support to keep your foot in neutral. Most arch supports either are too flat and provide no support or too high because it isn't combined with the forefoot varus correction.
- HEEL CONTROL** - Deeper heel cup to provide stabilization and keep your heel in neutral position.

3 Point Correction for AVERAGE ARCHES



- FOREFOOT CORRECTION** - Average to high arches will benefit from the metatarsal pad that is incorporated into the forefoot section of the j1 insoles. J1 insoles also provide correction to the ball of the foot. Most arch supports only provide support to the midarch or behind the ball of the foot. Your support needs to run the whole length of the arch from the heel to the ball of the foot- just like a bridge. Only found in j1 insoles.
- ARCH SUPPORT** - True support, not just cushion. J1 insoles provides the best support you will find in an over the counter arch support.
- HEEL CONTROL** - Since the average to high arched foot has a tendency to supinate or rotate outwardly, j1 insoles deeper heel cup and neutral shape helps stabilize the heel.

SIGNS



Your child probably has
FLAT FEET
and could benefit from wearing



j1 juniors

- Walk on their tippy toes?
- Complain of knee pain?
- Ankles roll in or pronate?
- Intoeing?
- Have Leg aches?
- Sever's Disease (heel pain)?



- Available Sizes -
Toddler 4 to Youth 5