# BETTER. FASTER. STRONGER.

**GET YOUR SOLDIERS BACK** INTO FIGHT MODE!

DON'T BRACE THE FOOT AND MAKE IT WEAKER IF IT ISN'T BROKEN!

#### **EMG Reveals Essential Role** of Plantar Proprioception

sEMG study: "Barefoot Science insoles provide essential plantar proprioceptive feedback which doesn't allow the body to default to dysfunctional habits learned at a time when biologically essential stimulation was missing." by David Lemke NMT, sEMG Tech

**UNLOCK THE POWER OF PROPRIOCEPTION!** 



## **REAL RESULTS**

WHAT CAN YOU EXPECT FROM **BAREFOOT SCIENCE?** 





- SIGNIFICANT DECREASE IN ROLLED ANKLES, SHIN SPLINTS, PLANTAR FASCIITIS, AND MORE
- INCREASED FOOT AND ANKLE STRENGTH
- INCREASED MUSCLE FIRING POWER
- AVOIDANCE OF SURGERY
- POSTERIOR MUSCLE CHAIN ACTIVATION
- NATURAL AND FAST REHABILITATION
- RUN FASTER
- JUMP HIGHER
- ENHANCE PERFORMANCE
- UNLOCK THE BODY'S OWN POTENTIAL FROM THE FEET UP!

#### STATS

FROM A SOMA STUDY USING NORAXON DATA

## **STRENGTH**

Retesting 48 hours post Barefoot Science showed an average increase of 31% in muscle firing. Every participant saw an increase in muscle firing!

When we "switch on" proprioception, muscles engage resulting in better performance.

### BALANCE

Retesting 48 hours post Barefoot Science showed an average increase of 44% in balance. Every participant saw an increase in balance!

Better balance results in more efficient movement and injury prevention.

### **PAIN RELIEF**

100% of subjects with complaints of foot, knee, and back pain who tried Barefoot Science insoles reported a significant **decrease in pain** as a result of wearing them.



# WHAT IS BAREFOOT SCIENCE?

BAREFOOTSCIENCE™ is an in-shoe system which brings progressive exercise to the feet while wearing shoes, replicating the positive effect of walking barefoot in the sand or grass.

BAREFOOTSCIENCE™ effectively addresses the cause of foot-related pain, rather than bracing the feet or accommodating the symptoms.

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# TOP CHOICE

The insole of choice, developed into the care systems of many globally respected medical practitioners, Physical Therapists, Chiropractors, Podiatrists, Olympic & Pro Athletes, Military Personnel and various people of all ages who suffer with foot to shoulder problems, directly related to a dysfunctional foundation.



#### **BAREFOOT-SCIENCE.COM**

# WHAT DO THE PROS SAY?

"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."

> Michael P.Olden, H.t; Ost; C-Ped; Pmac. Department of Veterans Affairs

"The ultra-light weight insole works with a progressive series of inserts, much like a progressive resistance training program, to gradually introduce this muscle strengthening component to the foot.

Overall the advantages of improved foot strength translate into more efficient and a less injury prone movement."

Dr. Mark Cucuzzella, MD, Air Force Reserve LTC (ret)







#### **PARTNERED WITH**





**BMKVENTURES.COM** 

**ORDERING INFO** 

FOR PRODUCT INFO, GOVT PRICING & PROCUREMENT VEHICLES:

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