

## Anti-Fatigue Footwear

*Let's walk a day in the life of a typical worker.*

A healthy start to the day involves morning exercise, a one hour walk or run. If your job involves a lot of standing or walking, there is another eight to twelve hours on your feet. Being involved with kid's sport in the afternoon, walking the dog, taking the washing off the line, preparing dinner and washing up can add another two to three hours of standing. By the end of the day, your feet have been **taking the full force of your bodyweight for approximately 14 hours!**

The foot is a complex piece of machinery, with more than 100 muscles, tendons and ligaments working together to keep us standing upright. Taking the strain of our bodyweight all day can be debilitating. As the foot fatigues, the arches flatten and our ankles roll in. Stressed ligaments and tired muscles result in swelling and sensitivity of the foot.

A fatigued foot leads to a higher risk of developing severe problems, including Plantar Fasciitis, Achilles Tendonitis, Metatarsalgia and Heel Spurs. Managing these injuries can be a long and costly process, requiring time off work to recover. *Workers who are standing or walking all day may believe that sore, tired and achy feet at the end of the day is normal.*

**BUT it doesn't have to be!**

Footwear with anti-fatigue properties can relieve the stress of being on your feet all day. A combination of technologies can work together to provide support and cushioning for all day comfort. These technologies include;

### Arch Support Insole



The insole is the lining that sits directly under the bottom of your foot. The best insoles are formed to cup around the heel and under the arch for support. When made using EVA or Polyurethane cushioning foam, it will provide extra comfort and reduce fatigue.

### Shank



A shoe should naturally bend under the joints in the forefoot region to work with the foot during the gait cycle. The shank is an internal supportive structure that sits in the arch area of the shoe and prevents it from bending in the wrong place. While shanks can be made from a variety of materials, a hardened nylon will provide lightweight strength and offer extra stability in the mid-foot.

### **Cushioning Midsole**



The midsole is a layer of cushioning between the insole and outsole. Usually made from EVA or Polyurethane, the midsole provides shock absorption at heel strike and energy return at toe off. Multiple layers of cushioning in the midsole, particularly in the heel and forefoot can absorb shock that over time causes bone and muscle trauma.

### **Heel Counter**



A heel counter supports the ankle and holds the heel firmly in place, providing excellent stability when the foot first strikes the ground. The best heel counters are made from a firm thermoplastic that is shaped to match the contours of your heel. A sturdy heel counter is essential for fundamental support and stability.

### **Midfoot Stabilisers**



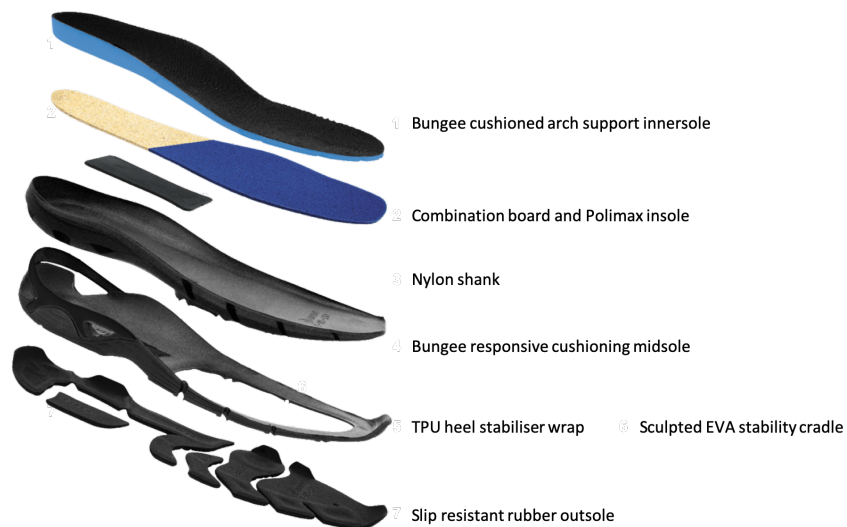
A midfoot stabiliser supports the arch area of the foot and reduces stress on the ligaments that often cause fatigue and pain. Midfoot stability can come in the form of a dual density foam or a hard, moulded thermoplastic.

## Slip Resistant Outsole



Feeling sure footed when walking is an important part of reducing fatigue on the feet and lower limbs. A solid grip on the ground allows the feet to relax inside the shoe. Rubber outsoles provide excellent traction, and deep tread patterns maximise surface contact in slippery conditions.

**All of these technologies are commonly found in athletic footwear to reduce fatigue and prevent injury. As the average person spends more time on their feet at work or around the house, it is important to look for anti-fatigue technologies in all shoes.**



***Ascent footwear use sport shoe technology in their entire range of footwear to help reduce foot fatigue, helping you to perform at your best at work or play.***

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