Posture-Deforming Footwear Features

1. Heel-Wedge, or 'Drop'
   The heel is elevated above the toes, placing additional weight on the toes. Typically, the heel is 2 times higher than the toes.

2. Toe-Spring
   The toe is curved upward, shortening extensor muscles, lengthening flexor muscles & helping displace the natural cushioning away from under the balls of your feet.
   - You want natural cushioning under the balls of your feet!

3. Toe-Taper
   Squeezes the toes together beyond the widest part of the shoe. Natural feet are widest at the tips of the toes. The shoe industry historically measures and builds width at the ball of the foot, rather than the tips of the toes.

1. + 2. + 3. = insidious.
These features combine to decouple and breakdown your body's arch support and pronation control. To further kick you while you're down, arch support is built into shoes, acting as an external crutch, keeping the tissues that should be doing this work in a chronically weakened state.

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