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Seniors to sport court, not to hospital

THE SOLE OF THE FOOT

The sole of the foot is very important because the sole interacts with the underlay and it influences the correct walk and the right function of individual foot parts. The sole impacts the correct function of the ankle – the area, which is overstrained at the senior age. In case of fallen arches we must ensure balance by the correct exercise. We recommend special podiatric examination and in case of malfunction, activating the sole by the aid of special inner soles, to ensure the correct foot function.