



EVERY FOOT TELLS A STORY

FROM ASSESSMENT TO APPLICATION

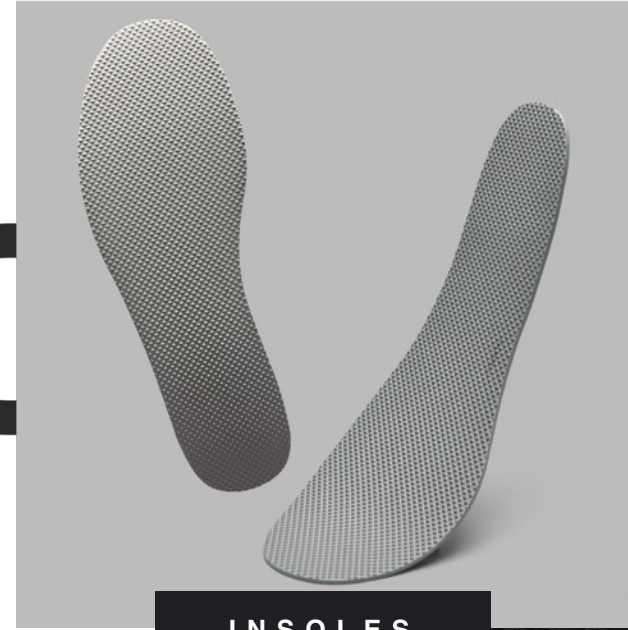
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NABOSO

Helping people move better by reconnecting them to the sensory side of movement.



www.naboso.com



INSOLES



MATS

FLOORING





DR EMILY SPLICHAL

- DPM, MS Human Movement
- Private Practice / Surgeon NYC
- Founder EBFA Global
- Creator of Barefoot Training Specialist[®] Certification
- Inventor of NABOSO Technology
- Consultant NIKE, Vibram, Lissom,

GOALS OF THIS WEBINAR

Ingrown toenails are not always from the pedicure

Calluses are more than dry skin

Black nails on the 2nd aren't fungus

Corns aren't just cosmetic

Blisters beyond tight shoes

INGROWN TOENAILS



QUESTIONS TO ASK....

- Is there an associated bunion?
- Is there an associated hallux interphalangeus?
- Are they wearing narrow, tapered shoes?
- Are they doing a low gear push off?

HALLUX INTERPHALANGEUS



DIFFERENT THAN A BUNION



X-ray



Bunion Deformity

ASSOCIATED LOW GEAR PUSH OFF POSITION



HOW TO ADDRESS THE CAUSE.....

- Bunion correction
 - Correct Toes
 - Bunion Bootie
- Hallux rigidus correction
 - Rocker shoe
- Wide toe box shoes
- Train for high gear push off



PLANTAR CALLUSES



PINCHED CALLUS & PUSH-OFF



IP HALLUX CALLUS

QUESTIONS TO ASK.....

- What is the ROM in the 1st MPJ?
- Do they have an associated bunion?

HOW TO ADDRESS THE CAUSE.....

- Bunion correction
 - Correct Toes
 - Bunion Bootie
- Hallux rigidus correction
 - Rocker shoe
- Train for high gear push off

2ND MPJ



MORTON'S TOE



QUESTIONS TO ASK.....

- Are shoes fitting to the 2nd digit?
- Do they have a plantar plate tear?

HOW TO ADDRESS THE CAUSE.....

- Morton's Toe
 - Properly Fit Shoes
 - U-Pad under 2nd met
 - Metatarsal pad under foot
- Rocker shoes



TRIPOD FOOT

DIFFUSE CALLOSITIES



ANTERIOR CAVUS FOOT



QUESTIONS TO ASK.....

- Do they have an underlying neurological condition?
- Do they stand long hours?

HOW TO ADDRESS THE CAUSE.....

- Focus foot mobilization
- Offset pressure in foot
 - Orthotics
 - Dancer's pad
 - Met pads

A close-up photograph of a person's hand, focusing on the fingers. The index finger has a dark, irregularly shaped area on the nail, which is a black toenail. The other fingers have normal, healthy-looking nails. The text "BLACK TOENAIL" is overlaid in the center of the image.

BLACK TOENAIL

HOW TO ADDRESS THE CAUSE.....

- Morton's Toe
 - Properly Fit Shoes
 - U-Pad under 2nd met
 - Metatarsal pad under foot
- Adjust lacing on shoes to keep foot from sliding

CORNS



DYNAMIC HAMMERTOES

- Extensor Substitution
 - Swing Phase
- Flexor Stabilization
 - Push off Phase

HOW TO ADDRESS THE CAUSE.....

- Correct Toes
- Muscle Balancing & Intrinsic strengthening
- Wide toe box shoes



BLISTERS

QUESTIONS TO ASK.....

- Do they have a cigarette twist?
- Do they have limited 1st MPJ ROM?
- Are the feet sweating excessively?

HOW TO ADDRESS THE CAUSE?

- Address 1st MPJ ROM
- Address excessive sweating
- Address sliding in the shoe

SUMMARY



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Wholesale & Reseller Programs



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