



## A Ground-breaking Performance Insole!

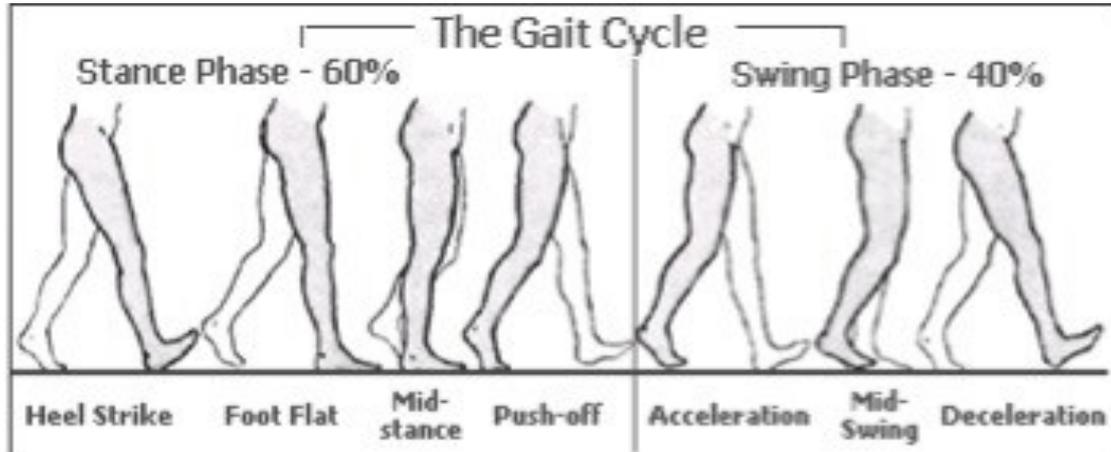
**Inception:** Instead of simply providing comfort during standing or walking, they managed to deal with several issues when it comes to high-performance, high-demanding athletes. That requires advanced thinking and must involve cutting edge technology.

**Background:** As a Foot and Ankle Surgeon, I have treated numerous patients with sole problems. I was happy when I was informed that the initial idea for ATOP insoles came from healthcare professionals, which guarantees a high level of credibility to the project.

**Materials:** Adding a vegan cork layer is ideal as its natural shock absorption properties work as a tremendous help for walkers, runners and high-performance athletes. Plus, it will slightly “brace” your foot achieving a fine balance between being too comfortable (less support) and too stiff (less convenience) to the foot. With the addition of a fine Ortholite Shock layer, ATOP insoles manages to offer a blend of both technology and nature to every step you make! Ortholite insoles are known to feature advanced technology to keep your feet cooler and drier (Vonhof, 2016). The ACF cartilage serves as a heel pad and can boost agility and explosiveness! The bamboo carbon fiber top layer apart from using a top-notch material, it provides with a 3% advantage in the toe-off phase (e.g. the start of a sprint) making running 3% “cheaper” in terms of energy consumption (Metzler, 2019)

**Performance:** Providing with better results in terms of athletic performance was at the core of ATOP insoles from the very start. This is displayed in various sports (tennis, basketball, track & field, football, marathon) where performance is significantly enhanced. This includes –but not limits to- reaching further, jumping higher, running faster as it also involves the durability and perseverance of the individual.

**Orthopaedics:** Conditions like plantar fasciitis, fallen metatarsal heads and Baxter’s nerve irritation can benefit a great deal from ATOP insoles as they provide comfort by the smooth distribution of load during standing, walking and running. Special reference should be made to fallen medial arch, flatfoot deformity and hyperpronation of the foot because all these modalities (along with the hallux valgus deformity) can co-exist but often present as a sole condition. All the above contribute to a malalignment of the entire limb – not only the foot as they can cause internal rotation of the tibia, valgus deformity of the knee, internal rotation of the femur, pelvis inequity and imbalance and low back pain. ATOP insoles guarantee to correct not the aforementioned deformities (which would require surgery) but the misalignment and to normally distribute weight and friction load. This would lead to less muscle and tendon injuries, less pain during and after the workout, less strain put on the joints and less prevalence of joint arthritis. It’s well established throughout the literature that the strength comes from our feet and it’s amazing how much beneficial a properly designed insole can be for both professional and recreational athletes!



What's really remarkable is that ATOP insoles seem to have taken into account every single phase of the complex human gait cycle. The ACF cartilage below the heel will not only prevent injury but promote the next phase as well. This means less heel fat pad irritation, less Baxter's nerve inflammation, less bone spur formation and less heel soreness after a long workout series.

Talar dome and forefoot pads are incorporated into the ATOP insoles in an effort to maximize pain relief during foot flat and especially mid-stance phase.

Comfort and control are ensured during the toe-off (push-off) phase thanks to the Ortholite Shock layer and vegan cork layer, which absorb more than half of the shocks and loads, therefore, relieving the tension from muscles, tendons and ligaments. Weight distribution is optimized and abnormal medial arch collapse, internal rotation of tibia and internal rotation of femur is minimized.

## References

- Fixing your feet – Injury Prevention and Treatment for Athletes 6<sup>th</sup> Edition 2016 by John Vonhof retrieved from: [https://books.google.gr/books?hl=el&lr=&id=DYEWdGAAQBAJ&oi=fnd&pg=PP1&dq=Ortholite+Shock+Layer&ots=JUz2z55iYO&sig=97KzUZtqaxWLdjJqxG\\_kFMH6Ac&redir\\_esc=y#v=onepage&q&f=false](https://books.google.gr/books?hl=el&lr=&id=DYEWdGAAQBAJ&oi=fnd&pg=PP1&dq=Ortholite+Shock+Layer&ots=JUz2z55iYO&sig=97KzUZtqaxWLdjJqxG_kFMH6Ac&redir_esc=y#v=onepage&q&f=false)
- Kicksology – The Hype, Science, Culture & Cool Of Running Shoes by Brian Metzler, 2019

### **Personal Details**

Name: Alexandros Siozos

DOB: 14/10/1983

Work address: 3 Sarantaporou St, Kozani GREECE

Tel: +306974312909

E-mail: [alexsiozos@yahoo.gr](mailto:alexsiozos@yahoo.gr)



Alexandros Siozos, MD, Consultant in Orthopaedic Surgery