

# 3 ARCH FOOTBEDS



The new BD 3-Arch range allows a good choice of the right footbed type from the options LOW, MID and HIGH Arch. Customized fitting can be offered as an optional service. A comprehensive range of products and sizes ensures that a matching footbed is available for every foot.



LOW ARCH

## LOW ARCH

The arch is incapable of cushioning, thus reducing the spring in the wearer's step or running motion. Displacement of the bones involved (e.g., buckling of the ankle bone, heel bone) can cause strain on tendons and ligaments. This leads to static unbalance. The BD Low Arch footbed helps to prevent overpronation.



MID ARCH

## MID ARCH

The layout of the bones, tendons and ligaments reflects the theoretical norm. The pressure below the foot is distributed over the 3 main support points: heel (20%), big toe base joint (17%), small toe base joint (13%). A BD Mid Arch footbed offers optimum pressure distribution for this type of foot, while stabilizing and cushioning at the same time.



HIGH ARCH

## HIGH ARCH

The long-arch is too high, thus reducing the contact surface. Medial and lateral arches are typically caused by shortening of the tendon structure or high muscle tension. These changes of the foot shape cause friction and pressure points when wearing shoes. A stressed tendon structure is often found throughout the body in this case. A BD High Arch footbed ensures comfortable, even pressure distribution for this foot type.