



## **Tired, Aching Legs**

Tired and aching are commonly caused by strain and traction on the calf muscles at the back of the legs.

This occurs when the feet roll over and the legs rotate internally. In turn this places stress on the leg muscles.

Orthotics control excess pronation decreasing internal rotation of the leg and traction on the calf muscles, thereby taking away this common cause of tired/aching legs.

