

## PROPRIO.walking

EVA-soft pad blank with sensomotoric POWERSPOTS



- improve nerve- muscle interaction
- exercise gait stability
- prevent joint overstraining
- SG-contaminant- tested material

**Express service: model 138**

model	design	material	sizes
138	medium-wide	orange in 30 Shore	35 – 47/48

cover options	marketing service
<ul style="list-style-type: none"> <li>• black</li> </ul>	<ul style="list-style-type: none"> <li>• flyer, deco column shop, window decoration</li> </ul>

DWI - German Walking Institute
<p><b>Note:</b> Leading walking experts point out that nerve- muscle interaction is not exercised optimally if the balance will be more realised by resting on the sticks than by proprioceptive training.</p> <p><b>Solution - practice</b> On uneven ground you often should exercise without sticks.</p> <p><b>Solution – insoles.</b> Here PROPRIO.walking produces relief. The four infospots on the insole influence muscle reactions by specific pressure pulses and help the sportsman doing the physiological exact movements sub consciously and to exercise actively, so that he doesn't lose his reaction mechanisms.</p> <p><b>Note:</b> At Nordic-Walking higher vertical forces occur in the heel region.</p> <p><b>Solution - practice</b> It is advised to pay attention to a shortened step and a flat tread.</p> <p><b>Solution - insoles</b> Special heel damping insoles like PROPRIO.walking help here.</p>