

# Foot Pain and Larger Feet A Reality for Pregnant Women

Pregnant women are often in for a surprise when their feet grow. During pregnancy, the placenta produces a hormone called relaxin that prepares a woman for birth by increasing the body's flexibility. As the uterus and pelvis expand, relaxin also relaxes other parts of the body, including the musculoskeletal system, and even feet. Joints become more flexible and create more curvature in the back to prepare for carrying and delivering a baby.

Relaxin, in essence, causes the soft tissue to be more malleable, which affects the foot's four major arches, and dozens of minor ones. Since soft tissue holds the major longitudinal arch, relaxin causes it to drop to be able to carry the added weight and enhance balance. This also causes the foot to lengthen, as the arch becomes flattened or straightened.

This may explain why pregnant women find that their shoes no longer fit and their feet begin to hurt.

To address the problem of foot pain and falling arches, the Kendall GelThotic was created from medical grade Silicone, which not only provides more support than a conventional orthotic, but does it with softness and reduction of friction and shear forces which Silicone naturally does better than any other material. Higher contours of support keep the fascia more immobilized and held in a shorter state thus giving support to the longitudinal arch, holding the soft tissue intact, while therapeutically restoring its height and curve.

The GelThotic is made from SupportXGel, a modified ultra-soft long-life silicone gel that helps control pronation with stability through every phase of the gait cycle and provides one of the highest levels of shock reduction ever tested.

The GelThotic takes a three –phase approach to foot pain.

Phase 1 -- the cut-out design utilizes a perimeter cradling technique to simultaneously provide maximum shock absorption while keeping the heel low to increase stability and support without changing shoe fit.

Phase 2 -- the product creates an arch support made from the highest grade one hundred-percent pure medical silicone so it forms to the shape of the arch.

Phase 3 – the product's biomechanical design redistributes pressure and shock across the forefoot without altering the fit of the shoe.

The GelThotic is effective in any women's size shoe and comes in three size ranges. It is made in America and is washable. Suggested retail price is \$59.99. They are available on line by visiting: [kendallgelthotics.com](http://kendallgelthotics.com) and can be ordered on-line for a 30 percent discount using the code "pregofoot."

