



TENNIS FOOT HEALTH IN SOUTHWEST DALLAS

Support, Stability & Pain Relief for Every Player

🎾 Why Tennis Players Get Foot Pain

- Hard-court impact
- Quick stops and pivots
- Heavy lateral movement
- Repetitive push-off stress

Common issues: heel pain, arch fatigue, ankle instability, forefoot pressure, Achilles tightness.

How Pedorthic Support Helps

Custom Orthotics for Tennis

- **Built for lateral stability**
- **Reduces heel, arch & forefoot pain**
- **Improves alignment & shock absorption**

Footwear Guidance

- **Correct shoe structure for your foot type**
- **Better heel lockdown & midfoot control**

Injury Prevention

- **Protects plantar fascia & Achilles**
- **Supports safe return to play**

Serving the Best Southwest

DeSoto • Cedar Hill • Duncanville Lancaster • Glenn Heights

Play Longer. Move Better.

Pain shouldn't control your game. Get support built for tennis.

Michael L. Ashley Board Certified Pedorthist

Call/Text 214-702-8812

www.foot-fitexpert.com