



FOOT HEALTH FOR COMPETITIVE PICKLEBALL PLAYERS

Power • Stability • Endurance

Play Harder Without Foot Pain

Fast cuts, explosive push-offs, and hard-court impact put huge stress on your heels, arches, Achilles, and forefoot. Even small alignment issues can slow reaction time and increase injury risk.

Why Competitive Players Use Custom Orthotics

- Stronger lateral stability for aggressive movement

- **Better power transfer during acceleration**
- **Reduced heel and forefoot impact**
- **Improved alignment for fewer overuse injuries**
- **Longer endurance in long matches**



Footwear That Supports Elite Play

Choose court shoes, not running shoes. Look for:

- **Firm sidewalls for lateral control**
- **Shock-absorbing midsoles**
- **Stable heel counter**
- **Indoor/outdoor-specific outsoles**



Stay Fast. Stay Stable. Stay in the Game.

I help competitive players across the Best Southwest stay pain-free and performing at their highest level. Schedule your foot evaluation and protect your edge.

Serving DeSoto • Cedar Hill • Duncanville • Lancaster • Glenn Heights • Greater DFW

Michael L. Ashley Certified Pedorthist

Call/Text 214-702-8812

www.foot-fitexpert.com