

THIS KIT COMBATS  
ISSUES WITH

FOOT, ANKLE, & ARCH PAIN

STRENGTH & BALANCE

PLANTAR FASCIITIS

BUNIONS

HALLUX LIMITUS

METATARSALGIA

NEUROMAS

PAIR YOUR PREMIUM  
MOJOFEET ORTHOTICS  
WITH A TARGETED  
EXERCISE PROGRAM.

THESE SIMPLE TOOLS AND  
STEP-BY-STEP VIDEOS  
HELP YOU MOVE MORE  
COMFORTABLY AND  
STRENGTHEN YOUR  
FOUNDATION FROM THE  
GROUND UP.

## FOOT HEALTH KIT

**MOJOFEET+**  
**GAIT Happens**  
PARTNERS IN FOOT HEALTH



## ABOUT THIS KIT

This kit is a collaboration between MojoFeet's Dr. Stu Currie, and Drs. Courtney Conley and Jen Perez from Gait Happens. Bringing decades of expertise in helping people move through strength and function, they've designed a one-of-a-kind program that combines high-quality tools, the research-based, easy-to-follow exercises.

These tools and exercises are designed to pair with your orthotics, taking your foot health to the next level.

*"Since using this kit, I've noticed my ankle strength has improved and my balance feels much better"*

*"I love this kit! I had been searching for a foot kit but could only find options that wore out quickly. This kit, however, is top-notch in every way—the quality, feel, instructions, and everything else are fantastic. I couldn't be happier with it!"*

*"The toes spacers and strengtheners have helped my bunions so much."*

## IN THIS KIT

MOBILITY BALL

TOE SPACERS

RESISTANCE BAND

TOE STRENGTHENERS

CANVAS TRAVEL BAG

EXERCISE VIDEOS

