

# How does Z-Coil® Compare?

Z-Coil wants you to make an informed choice when it comes to your health and the shoes on your feet. Please review the chart below for important comparisons with leading foot-care solutions.

## PAIN RELIEF RATING

Plantar fasciitis   ★★★  
 Heel spurs       ★★★  
 Metatarsalgia   ★★★  
 Knee pain       ★★★  
 Lower back pain   ★★★

Brands ▼	Cushioning (compression distance)	Arch Support	Adjustment for over-pronation or supination	Rocker Sole	Energy Return	Pain Relief	Cost
	28 mm	Yes - adjustable	Yes	Yes	40%-50%	★★★ ★★★ ★★★ ★★★ ★★★	\$200-\$300
<b>Cushioned Insoles</b> (Dr. Scholls, etc.)	7 mm	No	No	No	No	★ ★	Under \$99
<b>Pre-Fabricated Orthotics</b> (Lynco®, etc.)	N/A	Yes	No	No	No	★★★	\$50-\$200
<b>Custom Orthotics</b>	N/A	Yes	Yes	No	No	★★★	\$200-\$800
	8-10 mm	No	No	No	No	-	\$30-\$200
	12 mm	No	No	No	Less than 3%	★	\$100-160
	14 mm	No	No	Yes	No	★	\$130-\$275
	13 mm	No	No	No	Less than 3%	★	\$100-\$330
	14 mm	No	No	No	Less than 3%	★	\$120-\$145