

Subject: : Paflyfish General Forum

Topic: : Steelhead 2013-2014 Thread

Re: Steelhead 2013-2014 Thread

Author: : pcray1231

Date: : 2013/10/28 10:40:28

URL:

PS and OT. PatrickC, I owe you a huge thank you. A few years back you helped me with a chronic ankle problem. I had seen a doctor who prescribed me foot inserts (arch support), but it made things worse. After some questioning, you told me to try lateral heel wedges. I won't say it's totally gone. But it's a LOT better, like night and day.