

# Springy shoes ease pain, wearers claim

Woman helped by Z-Coil footwear opened a store

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Z-Coil shoes look like a cross between a traditional shoe and a space gadget, but the people who wear them say they're a groundbreaking piece of technology that has saved them from pain and possibly unnecessary surgeries.

In fact, it was pain and discomfort that gave birth to A Spring in Your Step, a Southfield shoe store selling Z-Coil pain relief footwear, owned by sisters-in-law, Clare and Ellen Bushman.

The Bushmans are also big promoters of the shoes, which are touted as ideal for walking, running and standing.

"I've been wearing them over five years," Clare Bushman says. "They saved me from three surgeries on my feet."

She underwent physical therapy and injections for various foot ailments, including heel spurs and nerve problems.

Nothing, however, helped, because she was wearing shoes that didn't protect her feet, Bushman said.

She saw Z-Coil shoes for the first time when she was out of state. Her husband, Jerry Bushman, has arthritis and degeneration in his back and the Z-Coil shoes have made a difference for that, too, she adds.

"After three months, my feet healed and my knees were feeling better," Bushman says. "Everyone was stopping us, because they look different. After a year and a half, I asked my sister-in-law if she wanted to open a store."



Z-Coil shoes have built-in orthotics in the form of steel springs.

People with all kinds of foot, knee, hip and back problems come to the store looking for relief. Even physicians and physical therapists refer customers.

"I just did an in-service at a doctor's office today," Bushman says. "The doctor was so excited, he had never seen them before."

The built-in spring helps relieve pressure from feet, knees, hips and backs, she said.

"It takes you off the ground with a built-in orthotic," she said. "It protects the heel and tendons in the feet from the hard ground. What starts at the feet can go to the heel, hip and back. It keeps you in alignment."

"People get unbelievable benefits," Bushman said.

People who have never worn Z-Coil shoes are usually very surprised when they wear them

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for the first time, she said.

"They're level all the way across," she said. "You put equal pressure on the stride when you're walking. A lot of people, because they're hurting, put pressure on the opposite knee."

Orthotics built in the shoe help to keep the wearer in alignment.

The spring, made of alloy steel, is three quarters of an inch high and is exposed for everyone to see.

"The reason it shows is that



## At the expo

Want to know more about Z-Coil shoes? A Spring in Your Step will be at the Women's Expo on Friday and Saturday. The store owners are planning to raffle off gift certificates and offer some special prices at the show.

it's active and compresses with body weight," Bushman says.

The shoe can also be adjusted to accommodate feet by widening, narrowing and build-

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