

## ELITE SPORT TECHNOLOGY

Podoactiva headquarters (WALQA, Huesca, Spain)

Podoactiva is a podiatry and biomechanics company, focused on improving the quality of life of our patients by improving the they walk. We have more than 20 years of experience and are highly specialized in elite sports biomechanics, applying our exclusive methodology and technology to help improve performance and prevent injuries in athletes.

## **MILESTONES 2024**





SPANISH NATIONAL SPORT AWARDS, APRIL 2023

## **PODOACTIVA FOUNDERS**



### VÍCTOR ALFARO (CEO)

- Head of Podiatry and Biomechanics Services for the first team of Real Madrid CF. Podiatrist at the Royal Spanish Athletics Federation.
- Doctor in Health Sciences at the University San Jorge in Zaragoza.
- Biomechanics and Podiatry Professor at Universidad Manresa-FUB, Universidad de Comillas, and Universidad San Jorge.
- Co-inventor of several national and international patents (the most notable being the worldwide patented 3D Scan Sport Podoactiva).
- High Management Program in Healthcare Institutions at IESE.
- Expert in Biomechanics, University of Barcelona.
- Graduate in Podiatry, Universidad Manresa-FUB.
- Graduate in Nursing, University of Zaragoza.
- Speaker and professor at various congresses, courses, and seminars.



### JAVIER ALFARO (Technical Director)

- Podiatrist for the Spanish National Football Team and Real Zaragoza FC.
- Doctor in Advanced Podiatry from the European University of Madrid.
- Professor of biomechanics and podiatry at Universidad Manresa-FUB, University of Rome La Sapienza, and Universidad San Jorge.
- Master's in Social Gerontology, University of Zaragoza.
- University postgraduate degree in Orthopedic Techniques, International University of Catalonia.
- Diploma in Podiatry, University of Barcelona.
- Speaker and professor at various congresses, courses, and seminars.





### **Biomechanical study**

- → Muscular and joint exploration on the patient couck.
- → Performing biomechanical tests in an upright position (standing) this provides us with detailed data on foot flexibility, muscle tone, etc.
- → Analysis in static stance using a baropodometric pressure platform.
- → **Recording gait with a high-speed camera** detecting movements that would be impossible to detect in real time.

- → Kinematic analysis using our innovative Inertial Measurement Units.
- → Use of **sensorized insoles** to study the pressures exerted by the foot inside the shoe and how they can affect the distribution of studs.
- → If custom insoles are necessary, the foot is scanned using the high-precision Podoactiva 3D Scan system, patented worldwide.
- → After the biomechanical study and foot scanning, the patient quikly receive the **custom insoles** at their usual Podoactiva clinic.









### Podoactiva 3D Scan

Our belief in continuous improvement and the evolution of the evaluation and diagnostic protocols of our patients is embodied by R&D. This dedication has led to clinical excellence, added value, and improved patient outcomes. In 2008, we developed the worlwided patented Podoactiva 3D Scan, renowned for its accuracy.

In cases where foot impressions are obtained directly on glass or with an iPad scan, the accuracy appears significantly diminished. Our Podoactiva 3D Scan **captures the foot in a real-world situation**, allowing for optimal design of 3D printed orthotics.

All this data is processed thanks to a **specific software** and utilized in the engineering department for insole design. In this process, finite element calculation concepts are applied that allow a **virtual simulation of the behavior of the insole on the patient's foot.** 

As a result, personalized insoles adapted to each patient's biomechanics and anatomy are achieved, providing **high quality**, **thin, flexible, and comfortable solutions, and with greater dynamic response and elastic memory.** 

Our exclusive Podoactiva 3D Scan is implemented in hospitals and clinics where Podoactiva is present, and **approximately 250 podiatrists have been trained at our headquarters in Huesca**, Europe's largest space dedicated to podiatry and biomechanics, to learn the Podoactiva 3D Scan methodology and Podoactiva protocols.









### Podoactiva IMU'S

IMUs (Inertial Measurement Units) made by Podoactiva are electronic devices that **measure the acceleration, angular velocity, and orientation of a moving object**, crucial for biomechanics and sports performance evaluation. These devices are integrated into our biomechanical studies with patients and athletes, placed on various parts of the lower limb to record real-time motion data during gait or sporting gestures.

We can calculate spatiotemporal variables such as **cadence, ground contact time, flight time, impact force, and power generated during tests**. In addition, angular kinematics data is collected, including ankle, knee, and hip movements, facilitating the identification of asymmetries.

This data is used to identify abnormal or inefficient movement patterns that can cause injuries or reduce sports performance. In addition, data collected by IMUs is used to customize insoles and develop specific training plans for each athlete in collaboration with other specialists.









### **Podoactiva insoles**

100% personalised insoles designed from an exclusive and patented worldwide system. Generating an optimal virtual foot model in a weight bearing position through our 3D Scan Podoactiva.

### Patented technology

The Podoactiva 3D Scanner is patented worldwide and generates a 3D virtual cast that provides precise loaded geometrical data of the foot.

### Artificial intelligence

We have leveraged data, evidence, and experience from over 1 million patients and 6,000 athletes to provide each patient with the optimal solution, remaining at the forefront of this technology.

### **Exclusive material**

We use an exclusive 3D printed polymer and through years of research and consultations, ours provides better mechanical response than any other material.

### **Double customization**

Our insoles are personalized not only in geometry of the foot anatomy but also in terms of flexibility according to the gait pattern and pathology.

### **Robotic manufacturing**

Our robotic manufacturing process allows for precision of up to 0.01 millimetres, ensuring we can adapt to each patient's needs as precisely as possible.

### Largest production plant

All Podoactiva custom insoles are designed and manufactured at Podoactiva headquarters in Huesca (Spain). Our centre is the most advanced custom insole production facility in the world, with its own engineering, research and innovation department dedicated to podiatry.

### Maximum comfort

Our custom-made 3D printed are thinner, lighter, with better dynamic response, flexibility, breathability, and durability. We tailor the polymers characteristics to the biometrics of each patient.





### **E-Feet**

E-Feet is an innovative technological solution designed for both enthusiastic and professional athletes seeking to enhance their performance and prevent injuries. This product, comprised of high-precision inertial sensors, perfectly adapts to the needs of different sports disciplines due to its versatility.

For runners, E-Feet offers the option to place these sensors on the top of the shoe, enabling detailed tracking of each step during the run. This setup **captures essential movement data, providing real-time analysis.** 

On the other side, athletes in sports such as soccer can also benefit from E-Feet by inserting the sensors into their insoles.

This adaptability ensures precise data collection during complex and varied movements, crucial for sports that demand constant changes in direction and speed.

The heart of E-Feet lies within its mobile application, powered by artificial intelligence, which offers a unique experience in sports performance monitoring. The app not only detects abnormal gait parameters but also monitors data during runs and suggests interventions to prevent potential injuries. With its intuitive interface and in-depth analysis, users can receive instant feedback on their technique, endurance, and overall movement health.





### **Smart Insole**

Podoactiva's smart insole represents a significant advancement in the field of biomechanics and podiatric health, marking a milestone in preventive and corrective foot care. Designed with state-of-theart technology, this insole stands out for its **integration of highly sensitive pressure sensors**, which play a crucial role in **detecting and analyzing the forces exerted on the feet during movement**.

These pressure sensors allow for precise and real-time monitoring of the load distribution on the feet while walking, running, or engaging in any physical activity. This information is vital for identifying inefficient or potentially harmful gait patterns, imbalances in weight distribution, and points of excessive pressure that, if ignored, could lead to injuries or orthopedic complications.

Health professionals can use the data collected by Podoactiva's smart insole to develop **more accurate diagnoses and customize treatments**. This is particularly relevant for patients with specific conditions such as diabetes, who may suffer from diabetic neuropathy and have a higher risk of foot ulcers, or for athletes seeking to optimize their performance and prevent injuries by correcting their posture and walking technique.

Furthermore, **the insoles can be used as a rehabilitation tool**, guiding users through recovery programs tailored to their specific needs. The recovery of musculoskeletal injuries is facilitated, promoting better long-term foot health.







### **TECHNOLOGICAL INNOVATIONS, QUALITY OF LIFE**

At Younext Healthcare, a subsidiary of Podoactiva, we specialize in the **design and manufacture of personalized health-related products** using the most advanced 3D printing technology.

Our philosophy revolves around enhancing the quality of life for our patients through the application of our expertise and technological innovation. We apply our technology, expertise, and technological innovation in the diagnosis, design, and manufacturing of personalized treatments for different areas of the body, ensuring their success.

Thanks to having one of the world's most advanced **3D printing and additive manufacturing laboratories**, we produce customized products with high performance and excellent quality.

Younext was created with the goal of harnessing all the experience accumulated by Podoactiva in consultation protocols, scanning systems, and 3D design.







## **YOUNEXT HEALTHCARE**



### HIGH-PRECISION CUSTOM SPORTS PROTECTIONS

Younext Healthcare by Podoactiva specializes in the design and manufacturing of personalized health-related products using 3D scanning systems and the most advanced additive manufacturing technology. In the field of sports protections, besides being a leader in custom shin guards, Younext Protection has manufactured facial protection masks for numerous elite athletes. Designed by our engineering department and made from high modulus carbon fiber, they are the perfect solution to ensure sports continuity after a facial injury.





### SERGIO RAMOS. SEVILLA CF



### ANTONIO RÜDIGER. REAL MADRID CF



### ELI NDIAYE. REAL MADRID BASKET



### RAFA MARÍN. DEPORTIVO ALAVÉS.

### BEC ALLEN. VALENCIA BASKET



### JORGE CUENCA. VILLARREAL CF

### **ROBIN LE NORMAND.** REAL SOCIEDAD.



### LUCA DE LA TORRE. RC CELTA DE VIGO











### **Customised shoe lasts**

Customised shoe lasts are a product patented by Podoactiva and are being used by many of the world's top elite athletes. These are successfully used in cases of hallux deformity and hammertoes that are common in many sports.

Using 3D scanning of the feet and shoes, a customised shoe lasts is **designed and 3D printed to "break in" the shoe before its first use**. This allows the shoe to fit perfectly to the geometry of the feet and thus prevent foot conditions such as blisters and the worsening of existing pathologies, etc.





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## YOUNEXT FOOTBALL PROTECTION



### **HIGH-PRECISION CUSTOM SPORTS PROTECTIONS**

Our custom shin guards are the most advanced on the planet. **Customization, protection, and lightweight** are the three most important aspects around which we design and manufacture our custom shin guards. The high quality of the materials ensures that the shin guards are capable of absorbing significant impacts. Our custom shin guards are made with **carbon fiber**, a highly durable material.

The main charachertistics of our shin guards are:

- High impact resistance.
- High degree of elasticity.
- Lightweight: 40 grams
- Thickness of 4mm
- Resistance to temperature variations.
- Resistance to external agents.
- **CUSTOM LINING:** Breathability, elasticity, lightness, and high resistance capacity.
- **CARBON FIBER:** Of high modulus like the one it is used in Formula 1 chassis.
- **DIGITAL PRINTING VINYL**: For achieving the best definition in customization.
- **PROTECTIVE VARNISH:** Protects the vinyl 100%, preventing erosion or wear.





### Artificial Intelligence (AI)

Podoactiva leads innovation in podiatric care by integrating artificial intelligence (AI) into its processes and services, spanning from optimizing the production of orthopedic insoles to supporting clinical decision-making and patient data management. Al enables the automation and refinement of custom orthopedic insole manufacturing, ensuring precise products tailored to individual user needs, thus improving delivery times and service quality.

In the clinical realm, AI provides analysis and prediction tools based on complex data patterns, facilitating more accurate diagnoses and the development of personalized treatments. Additionally, it leverages computer vision technologies for advanced biomechanical studies, identifying abnormal gait patterns and other critical indicators to design personalized corrective interventions that can enhance users' quality of life.

Managing a database of over 1,000,000 patients allows Podoactiva to extract valuable insights into podiatric health trends and treatment efficacy, contributing to advancements in field research. Overall, the integration of AI into Podoactiva demonstrates how technology can revolutionize healthcare, offering faster, more precise, and personalized solutions that benefit both professionals and patients, reaffirming our commitment to excellence and innovation in podiatric care.





An illustration of an artificial neuron. Source: Becoming Human.

Applying deep learning processes in Podoactiva



## **TECHNOLOGY AND PRODUCTION**

### **Biosamples**

We offer all kinds of biosamples for different uses:

- Planning of surgical interventions
- Training and visualization
- Research





younext

younext®



SEND CLINICAL TEST OR SCAN OF THE AREA (Depending on the product)



DESIGN OF THE PROTECTION OR FOCALIZED SAMPLE



3D PRINTING OF THE PRODUCT



RECEPTION OF THE FINAL PRODUCT



## **TECHNOLOGY AND PRODUCTION**

### Manufacturing process

For innovation and improvement in Podoactiva's flagship product, custom insoles, the company has at its disposal **the most modern 3D printing technology using additive manufacturing** (HP's Multijet Fusion) with exclusive post-processing to provide the best properties to the insoles and thus ensureing their effectiveness and durability. To achieve this, we have an additive manufacturing laboratory housing HP Multi Jet Fusion printers and a workstation for powder extraction (manufacturing material).







## **TECHNOLOGY AND PRODUCTION**

### Manufacturing process

Thanks to this technology, **Podoactiva leads in additive manufacturing of orthopodological products**, constantly improving its processes.

In our custom insole production, the thermoplastic materials that Podoactiva uses are exclusive HP Jet Fusion technologies wich **can be reused, achieving 100% reusability of excess powder**.

This reflects Podoactiva's shift from traditional methods to state-ofthe-art 3D printing technology, marking a significant innovation in manufacturing.









## **PODOACTIVA R&D**

### **Podoactiva Sportech**

Podoactiva Sportech is an ambitious project that incorporates technology for biomechanical analysis of athletes in real game situations. This sports complex will feature an **athletics track, a football field, a paddle tennis court, and a 3×3 basketball court**.

The facilities are equipped with state-of-the-art sports surfaces, incorporating various technologies to biomechanically analyze athletes in their **real game situations**. Podoactiva Sportech will position Podoactiva at the forefront of research in the field of biomechanics.

The sports complex will be located between the two buildings of the Podoactiva headquarters, with over **4,000 square meters** dedicated to the development, research, and manufacturing of personalised treatments in podiatry and biomechanics. Podoactiva is investing more than **one million euros in Podoactiva Sportech** 

The start of testing on trial surfaces is in collaboration with the flooring company MONDO, the official supplier of the 2024 Paris Olympic and Paralympic Games.





### **Main Projects**

Podoactiva is involved in different R&D projects both internationally and nationally.

- Podoactiva, winner of the **Real Madrid Next / SCORE** innovation program. Thanks to Podoactiva's expertise in the sports sector and more specifically in football, we collaborate within the Real Madrid Next/SCORE program as a strategic company and a benchmark in technologies applied to football.

- **AI4DIAG Project**: "Distributed Artificial Intelligence for the early diagnosis and treatment of diseases with a high prevalence in aging" (2021 Artificial Intelligence R&D Missions Program).

- **PREDICTIVA Project**: artificial intelligence and robotisation of processes in the automated manufacturing of personalized insoles. (Support Program for Innovative Business Groups).

- **INN-PRESSME**: Open innovation ecosystem for the deployment of sustainable plant-based nanoparticle biomaterials for packaging, transport and consumption of goods (Horizon 2020). This project has reveiced funding from the Clean Sky 2 Joint Undertaking under the European Union's Horizon 2020 reserach and innovation programme under grant agreement N°952971.



Design of a custom shoe sole (INN-PRESSME)



Locally linear embedding and plantar pressure-time graph selection in heel pain classification: An observational, con-control study

José-Wetter Alfaro-Santafe \*\*, Janier Misro-Santafe \*\*, Carla Lenuts-Covaleino \*\* Antonio Genera-Beenal ....., Aitor Perus Moreillo, Alejandro Jesta Ameria Associational Andreis Mena-Tober ', Antonio-Francisco Loclerga-Gunenez '

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#### ABSTRACT.

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## **TRUST IN PODOACTIVA**



## **OUR ELITE PODIATRISTS**



### **VÍCTOR ALFARO**

Chief Executive Officer of Podoactiva, Head of Podiatry and Biomechanics Services for the first team of Real Madrid CF and Podiatrist at the Royal Spanish Athletics Federation.



#### **JAVIER ALFARO**

Technical Director at Podoactiva. Podiatrist for the Spanish National Football Team.



### **ADRIÁN NIÑO**

Head of Podiatry and Biomechanics Services for the first team of Club Deportivo Leganés. Additionally, he is podiatrist at Podoactiva Retiro.



### **AÏDA BARNIOL Y JAKE HEATH**

Head of Podiatry and Biomechanics Services for the first team of historic English clubs such as Crystal Palace, Brentford, Leeds United, Wolverhampton, Aston Villa, and Leicester City.



#### **ALEXIS AGUIRRE**

Head of Podiatry and Biomechanics Services for the first team of SD Eibar since 2021 and for Bilbao Basket since 2024. Cinical director of Podoactiva Bilbao.



#### **ALFONSO GARCÍA**

Clinical director of Podoactiva Logroño since its inauguration in 2019, providing services to the players of UD Logroñés for nearly 5 seasons.



#### **ALFONSO CARVAJAL**

Head of Podiatry and Biomechanics Services for the first team of Los Capitanes of Mexico City, basketball team in the NBA G League. Since 2016, he has been responsible for Podoactiva INNVO (Puebla-Mexico).



### ANA CARBÓ

Co-director at the clinical unit "A&A" located in Vilareal. She has been part of Podoactiva for 10 years, and for the past 6 seasons, she has been the Head of Podiatry Services for Villarreal CF.



#### **ANTONIO DONAIRE**

Clinical director of Podoactiva Granada, podiatrist for Granada CF and Covirán Granada basketball team for the past 5 years.



### **ANTONIO GÓMEZ**

Director of Research at the central headquarters of Podoactiva and Head of Podiatry and Biomechanics Services for the first team of SD Huesca for the past 8 seasons.



### **BORJA PÉREZ**

Podiatrist of Obradoiro, historic basketball club in Santiago de Compostela. Additionally, he is responsible for the Podoactiva units in Ourense, Vigo, and Santiago de Compostela.



#### **CARLA BATISTA**

Head of Podiatry and Biomechanics Services for the first team of Club Baloncesto Gran Canaria. In charge of the Podoactiva Hygeia Unit in Las Palmas of Gran Canaria.

## **OUR ELITE PODIATRISTS**



#### **CONCHI SALOM**

Clinical director of Podoactiva Palma since its establishment in 2017. Head of Podiatry and Biomechanics Services for the first team of RCD Mallorca.



#### **CARLOS MARTÍN**

Clinical director of Podoactiva Sagasta in Zaragoza and Head of Podiatry and Biomechanics Services for the first team of Real Zaragoza and Casademont Basket Zaragoza.



### **DAVID CHACÓN**

Podiatrist at Olympia-Grupo Quirón Salud and Podoactiva Retiro. Head of Podiatry and Biomechanics Services for the Spanish Women's National Team and Real Madrid Castilla.



#### **DIEGO RIQUELME**

Pediatric podiatrist, currently working at Podoactiva Toledo, Real Madrid C.F. Academy, and Head of Podiatry and Biomechanics Services at Spanish National Futsal Team.



### ESTHER GONZÁLEZ

Clinical director of Podoactiva Pozuelo, serving as the podiatrist for Real Madrid CF women's team since its foundation 4 years ago. She has been part of Podoactiva for 15 years.



#### JAIME LARRAZ

Podiatrist for the Spanish men's under-21 national football team. Head of Podiatry and Biomechanics Services for the first team of Atlético de Madrid for the last 12 years and clinical director of Podoactiva Premier and Alcobendas clinics in Madrid.



#### **JAIRO CASAL**

Responsible for the clinical units of Podoactiva Vithas 9 de Octubre and Hospital IMSKE in Valencia. Since 2018-2019 season, Head of Podiatry and Biomechanics Services for the first team of Valencia Basket.



#### **JORDI RIBERA**

Podiatrist at Podoactiva Valencia and Head of Podiatry and Biomechanics Services for the male and female first team teams of Valencia CF for over 10 years.



### LOIS GARCÍA

Clinical director of Podoactiva Vitoria. ead of Podiatry and Biomechanics Services for the male and female first team of of Deportivo Alavés, as well as for the first team and subsidiary team of Baskonia.



#### MARINA DAMAS

Head of Podiatry and Biomechanics Services for the first team of Teruel Men's Volleyball Club. Clinical podiatrist at La Trinidad Medical Center in Teruel and SEAP Polyclinic.



### JORGE SANGÜESA

For the past 10 years, he has been clinical director of Podoactiva Diagonal clinic in Barcelona and Head of Podiatry and Biomechanics Services for the male and female first team of RCD Espanyol.



### NATALIA GARCÍA

Clinical director of Podoactiva Vigo. Head of Podiatry and Biomechanics Services for the first team of RC Celta de Vigo.



### ÓSCAR ESTEBAN

Clinical director of Podoactiva Valladolid. Since 2016, Head of Podiatry and Biomechanics Services for the first team of Real Valladolid.



### **PATRICIA LÓPEZ**

Podiatrist at the Retiro clinic and Podoactiva Clinical del Parque unit. Podiatrist for the youth teams of Real Madrid.

# **PODOACTIVA TEAM**





## ELITE SPORT TECHNOLOGY

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