

The mechanical properties of foot orthotics help to ensure the correct positioning of the bones in the feet, ankles, and knees.

Foot orthotics can also reduce muscular fatigue and may help to promote more efficient muscle performance.

Orthotics
These Boots
Were Made for
Walking, *running*
jumping
standing
You!

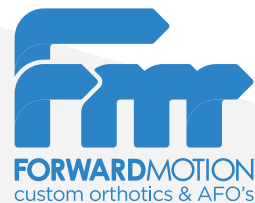


Visit your Podiatrist today to learn more about the benefits of custom orthotics



State of the Art Technology

People who are active in sports may find that custom orthotics help to increase endurance, strength and performance abilities. Individuals who are overweight may find that orthotics relieve the additional stress of extra weight from the ligaments in their feet and legs. The use of orthotics can help some people to avoid or prolong having surgery.



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**Your foot is as unique as
your fingerprint.
Ask your Podiatrist
about custom fitted
orthotics.**

How Can Custom Orthotics Help?

If you are one among thousands of individuals that regularly experience foot pain, you may want to consider custom orthotics. Orthotics are provided to relieve pain and stress and improve performance over time.



If you experience issues brought on by foot pain, your healthy lifestyle is hampered, which means it's time to get help. You might also consider foot orthotics if you simply have a job that requires you to be on your feet all day. Constant pressure on your feet and consistent tasks performed while standing on hard, uncomfortable surfaces can leave you with recurring pain. It may also lead to more serious foot problems in the future.

What Do Orthotics Do?

- Orthotics are not just for people with foot pain. They can also help those who suffer from back pain, pain in their hips, knees, and people dealing with arthritis-related pain. Foot pain can also result from other health issues, such as diabetes. Orthotics can help with this as well.
- Orthotics are custom tailored to each individual according to their symptoms. That means that a runner or athlete that experiences foot pain may receive a certain type of treatment, while an individual with joint pain or inflamed ligaments will receive a different orthotics.
- Orthotics are typically designed to ensure that the bones, ligaments and tendons in your feet and lower legs are aligned and positioned properly. This helps to ease pain and stress on the feet, and can improve the functioning of the muscles over time.

What Exactly is an Orthotic?

A custom orthotic is a device designed to align the foot and ankle into the most anatomically efficient position. They look like insoles, but that is where the similarities end. Custom orthotics are biomechanical medical appliances that are custom made to correct your specific foot imbalance. They are individually fabricated over a three dimensional model of your foot.

Custom orthotics work on your feet much like glasses work on your eyes they reduce stress and strain on your body by bringing your feet back into proper alignment. The composite body of the custom orthotic helps to re-align the foot by redirecting and reducing certain motion that takes place during the gait cycle. Most often custom orthotics will fit comfortably into your shoes. Occasionally, a slightly larger shoe might be required.



custom carbon graphite orthotic