



WHAT'S THAT IN YOUR SHOES?

Foot Orthotics...Performance from the Ground Up – Part III
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o FOOT ORTHOTICS...How Do I Know if I Need Them?

- You may be an orthotics candidate if...
 - You're having foot or ankle pains or injuries
 - You're having hip, knee, or low back pains or injuries
 - You're feeling poor balance/control or stability when you walk, run, or land on your feet
 - You're seeing your knees move a lot in side-side and twisting directions when you are moving primarily straight ahead or landing a jump/hop
- You may NOT need orthotics if you...
 - All of the above!

There is no hard and fast rule. A certain diagnosis does not automatically mean you need foot orthotics. The shape of your foot does not automatically mean you need foot orthotics.

- GET EVALUATED!

Let a professional evaluate your biomechanics. Our Applied Functional Science training gives us a unique perspective and understanding at looking at the whole package, not just your feet.

Oftentimes what's really needed is some simple stretches or strengthening drills, or mobilizations to get a joint moving again.

FOOT ORTHOTICS...

Remember Goldilocks – when it comes to supination & pronation you want just the right amount at just the right time.

Call Peak PT @ 218-0240 if you need help deciding on orthotics!



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