



WHAT'S THAT IN YOUR SHOES?

Foot Orthotics...Performance from the Ground Up

Over-the Counter Orthotics – Infomercials, In Stores?

Mike Napierala PT, SCS, CSCS, FAFS, NG360
PEAK PERFORMANCE, Physical Therapy/Sports Training

ORTHOTICS: Your Options

- From infomercials to in-store devices to assess your feet, how do I know if these over-the-counter devices are any good?
 - Sometimes generic devices ARE adequate. Sometimes they ARE NOT.

- MY EXPERIENCE
 - OTC Devices
 - Well intending people in pain often look for a quick fix
 - ◆ Sometimes even a generic device can be \$100's
 - Infomercials and store advertisements can be very persuasive and compelling
 - ◆ ASK YOURSELF:
 - What is the training or background of the person selling these devices to me?
 - Are they a salesperson or a skilled professional who is trained at discerning what I might need?

See a professional who can evaluate not only your feet but the **WHOLE PICTURE**

Whether **CUSTOM** or **OVER-THE-COUNTER...**
an orthotic should make you **FUNCTION** and **FEEL** better!



161 East Commercial St
East Rochester, NY 14445
WWW.PEAKPTROCHESTER.COM
PHONE: 585-218-0240 FAX: 585-218-0245

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