



WHAT'S THAT IN YOUR SHOES?

Foot Orthotics...Performance from the Ground Up

Will it Help Me? PROVE IT!

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ORTHOTICS: Will They Do The Trick?

- Remember my Florida story...a nice gentleman with 18 pairs of old orthotics in a bag – all not working for him!
 - Sometimes generic devices ARE adequate. Sometimes they ARE NOT.
- KEYS TO DECISION MAKING
 - Evaluate Function!
 - ◆ Balancing. Twisting. Squatting. Reaching. Lunging...
 - ◆ Having certainty or confidence should go beyond a cast or foam box impression of your foot and some measurements taken lying down.
 - ◆ We use temporary or makeshift posting/wedging and arch modifications in the clinic to assess the impact on function RIGHT THERE, LIVE.
 - ◆ Proper orthotics should improve not just how your foot itself functions and interacts with the ground, but also how your knee, hip, back and trunk even function!

THE “PROOF IS IN THE PUDDING” as the old saying goes...

My Goal:

After months with your orthotics if I offer to refund your money in exchange for the orthotics I want you so happy you'd refuse my offer!



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