

THE KEY TO BETTER HEALTH COULD BE RIGHT UNDER YOUR TOES

What do my feet have to do with it?

Like the foundation of a house, your feet support the weight of everything above them. When a small problem develops in your feet, subtle changes can occur in the entire framework of your body. These changes cause a chain reaction throughout your posture while you stand and walk, placing excess stress and strain on joints, muscles and tendons in the feet, knees, hips or even the low back.

A custom orthotic from The Orthotic Group will help reduce pain and discomfort by enhancing your body's natural movements. In close partnership with your healthcare practitioner, The Orthotic Group designs custom orthotics allowing you to stand and walk with balance for a healthy active lifestyle.



CUSTOM ORTHOTICS

What are they?

Custom orthotics are medical devices that are manufactured to address your unique biomechanical needs and gait imbalances. They are crafted by skilled technicians at The Orthotic Group based on a scan, foam or plaster cast of your foot, along with detailed clinical findings from your healthcare provider. Custom orthotics fit comfortably into shoes with laces or straps by simply removing the existing manufacturer's insole and replacing it with your device.

How do they help?

Custom orthotics help your body restore a natural balance and normal movement patterns, thereby reducing strain, pain and discomfort. For optimal results, a custom orthotic should be worn on a daily basis inside quality, supportive footwear. Your healthcare practitioner will provide specific instructions on how to gradually increase wearing time for activities of daily living and/or for specific activities such as running or sports.

Over time, custom orthotics prescribed by your healthcare practitioner will bring you relief from excessive pressure points, fatigue and pain, allowing you to enjoy daily activities once again.

How do I know if I need a custom orthotic?

The symptoms of poor foot biomechanics may include one or more of the following:

- 1 Localized foot pain
- 2 Bunions
- 3 Hammer toes
- 4 Arch pain
- 5 Heel pain
- 6 Knee pain
- 7 Hip pain
- 8 Low back pain

Ask your healthcare practitioner for a detailed assessment.

Types of Custom Foot Orthotics

The Orthotic Group offers a wide variety of options to fit your lifestyle:

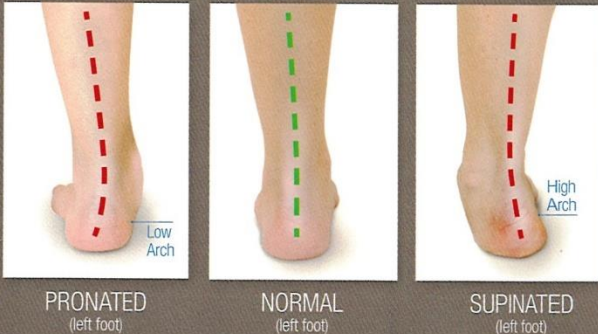
DRESS	CASUAL	SPECIALTY	SPORT
 FashionFlex  DressFlex	 SuperFlex  CushionFlex  KidsFlex  DynaFlange™	 LeatherFlex  DiabeticFlex  UCBL  SafetyFlex	 SkateFlex  SkiFlex  EagleFlex  SportFlex  SoccerFlex  RunFlex  CourtFlex

The Orthotic Group provides custom orthotic solutions worldwide to healthcare practitioners and their patients. From assessment tools such as the GaitScan™ to custom orthotics and footwear, our products are renowned for their innovative design, quality and comfort.

Fascinating Foot Facts

- 1 The human foot has 26 bones, 33 joints, 107 ligaments, 19 muscles and tendons. The 52 bones in your feet make up about 25 percent of all the bones in your body
- 2 The average person takes 8,000 to 10,000 steps each day.
- 3 The average person will walk over 100,000 miles in their lifetime, or more than four trips around the world!
- 4 Women have four times as many foot problems as men, mainly due to poor fitting footwear including high heels.
- 5 More than 75% of the population will experience foot problems in their lifetime.

What foot type are you?



Consult your healthcare practitioner today if you would like to learn more about orthotic therapy.



An OHI Company

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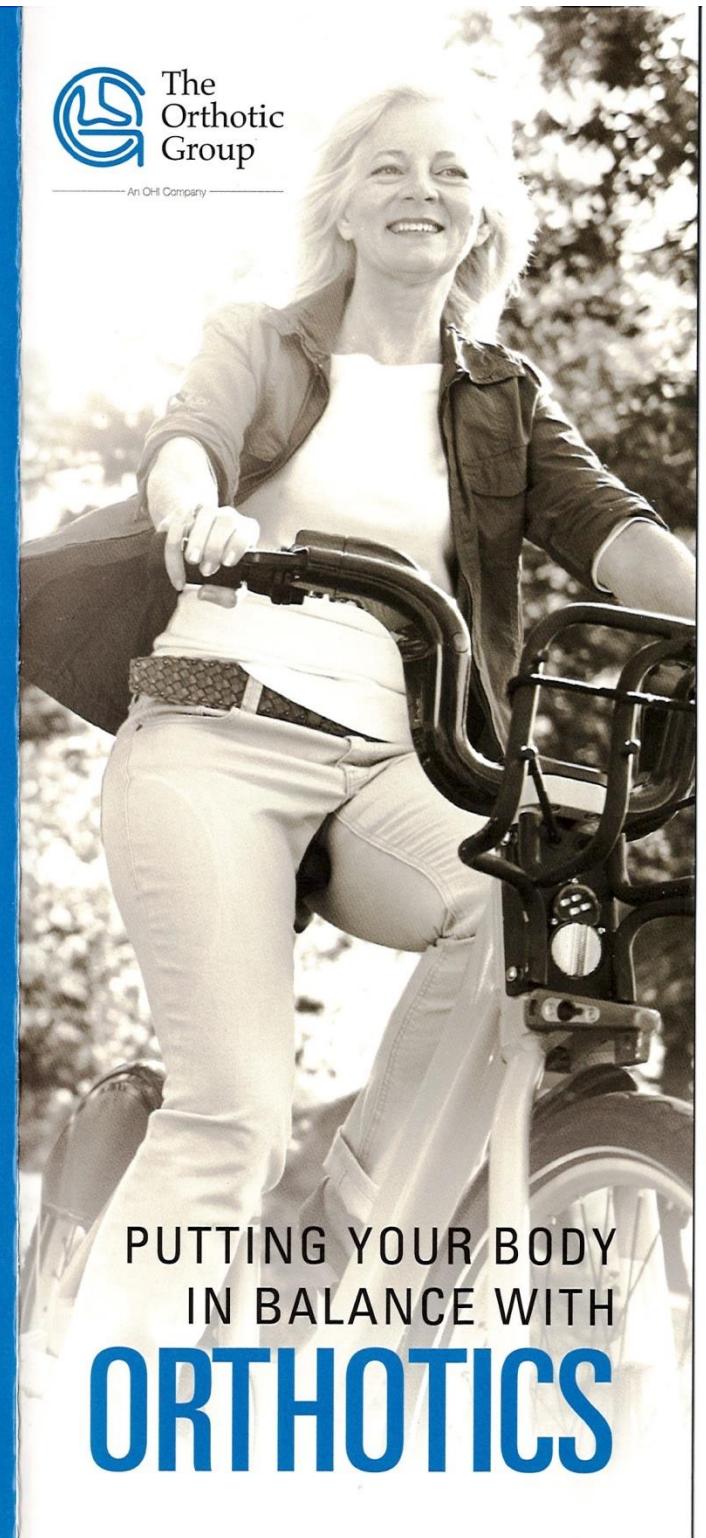
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