Orthotics

(This may be too wordy and we need to cut down. I would like pictures to tell the story more than words?)

How Orthotics Can Help

Everyday as we walk on hard flat surfaces, our bodies are subjected to many stresses and strains, often resulting in pain and discomfort in the lower limbs, hips and back. Because hard surfaces offer no support to the arches of the feet, our feet tend to roll inwards causing the arches to flatten (Pronation).

As our feet, ankles, legs and back try to compensate for pronation, our bones and muscles are thrown out of alignment causing many complaints including: Shin Splints - Foot Pain - Knee Pain - Hip Pain - Lower Back Pain - Tired, Aching Legs - Plantar Fasciitis, Heel Spurs.

Our custom fitted orthotics have been designed to relieve pain and discomfort by correcting your body's alignment at its foundation - the feet. Book your assessment and orthotics fitting today!

Postural

Posture Improvements Produces A Healthier You

Posture problems cause pain and discomfort preventing a full and healthy life.

Our posture assessment can improve your health by utilising: Posture Screen to reveal problems. Posture Stress Survey for accurate evaluation. Corrective Exercise Treatment to improve your bodies alignment and relieve pain. Posture Trend Analysis to track improvements

Call to action: Call to book your assessment today and improve your posture!