

ORTHOTICS

The key to better **health**
for your **body** could be
right under
your...**feet**



Your feet have a direct impact on the rest of your body. Like the foundation of a house, your feet support the weight of everything above them. When a small problem develops in your feet, the subtle changes in the way you walk will cause a chain reaction of adjustments in your posture and walking mechanics. These changes can put stress on joints higher up in your body, and lead to more serious problems such as:

- **foot pain**
- **knee pain**
- **hip pain**
- **back pain**

The Orthotic Group's custom orthotics help rebalance your feet, reducing pain and discomfort by enhancing your body's natural movements.

Ask your health care practitioner about how orthotic support can help you step away from pain!

