

Custom Prescription Foot Orthotics

You'll walk about 115,000 miles in a lifetime...just about 8,000-10,000 steps a day! This is equal to walking more than four times around the earth. With this in mind...don't you think your feet deserve the best foot orthotic?

25% of all your bones in your body...are found in your feet! Together, your 2 feet have: 52 bones, 66 joints, 214 ligaments and 38 muscles and tendons.

Every step you take impacts your body in some way.

The slightest imperfection or asymmetry of your feet can lead to further injury and pain in your joints and muscles. This type of damage will escalate in those people who are more physically active and desire to remain active throughout their lifetime. Poor foot function and alignment may be the cause of foot, hip, knee and back pain. **Custom Prescription Foot Orthotics** may help relieve your pain by realigning and stabilizing the bones in your feet, restoring your natural walking pattern.

Test Your Need for Orthotic Support

If you agree with any of the statements below, ask us how we can help you feel better, from the ground up.

1. My feet are sore on a regular basis
2. I spend a good portion of my day standing or walking on hard surfaces
3. I play a sport regularly (tennis, golf, basketball, etc.)
4. Standing, walking or running gives me joint pain (ankles, knees, hip or back)
5. I am over 40 years old
6. I have visible foot problems (bunions, fallen arches, corns, etc.)
7. One of my legs is shorter than the other
8. I have knock-knees or bow-legs
9. My shoes wear out quickly or unevenly
10. My feet "toe out" when I walk
11. My parents had foot related symptoms

Custom Prescription Foot Orthotic Inserts

Our foot orthotics have been setting the benchmark for quality and precision internationally for over 25 years... "world-leading" custom orthotics that are produced with unwavering attention to detail.

A **Computerized Foot Gait Scan** will track your walking pattern and give us a detailed prescription of your foot support needs. Then, we'll build an orthotic to your specifications with just the right support for your feet.

Call our **HealthQuest Radio Hotline** at 1-800-794-1855 or our **Clinic** at 1-847-428-8850 to find out more information or to schedule an appointment for your personalized **Computerized Foot Gait Scan**.