



# BENEFITS OF



# CUSTOM ORTHOTICS & INSOLES

**ORTHOTICS** can help a range of foot and health conditions including:

**Achilles Tendinitis    Ankle Sprains    Foot Numbness**

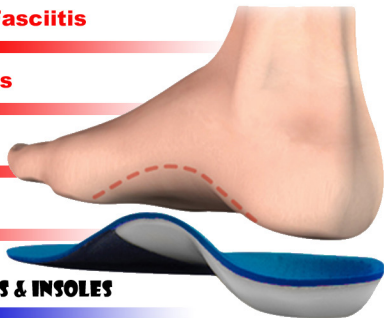
**Hammertoes    Lower Back Pain    Metatarsalgia**

**Neuroma    Plantar Fasciitis**

**Prosterior Tibal Weakness**

**Shin Splints**

**Tired Feet**



Benefits of Custom **ORTHOTICS & INSOLES**

**Control biomechanical alignment**

**Correct or accommodate deformity**

**Protect and support an injury**

**Assist in rehabilitation**

**Reduce pain**

**Increase mobility**

**25%  
OF THE BONES IN  
YOUR BODY ARE  
IN YOUR FEET**

**THE AVERAGE  
PERSON TAKES 8,000  
TO 10,000 STEPS  
A DAY**

*Chiropractors are trained to assess if and when custom orthotics may benefit a patient.*

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**DISCOVER  
HEALTH &  
WELLNESS**