



# **FOOT CARE**

**PUTTING YOUR BODY  
IN BALANCE  
WITH ORTHOTICS**

## THE ORTHOTIC GROUP

# Expert Orthotic Support for every walk of life

The Orthotic Group (TOG) provides custom orthotic solutions worldwide to health care practitioners and their patients.

From assessment tools such as GaitScan™ to custom-made orthotics, shoes and sandals, TOG products and services are renowned for their innovative design, quality and comfort.

## Fascinating Foot Facts

- 1. 25% of the bones in your body are in your feet**
- 2. The average person takes 8,000 to 10,000 steps per day**
- 3. The average person will walk over 100,000 miles in their lifetime, or more than 4 trips around the world**
- 4. Women have four times as many foot problems as men – fancy, ill-fitting footwear is the main reason for this**
- 5. More than 75% of people will experience foot problems in their lifetime**

Consult your health care practitioner today if you would like to find out more information about orthotic therapy.



The  
Orthotic  
Group

**your feet – our world**

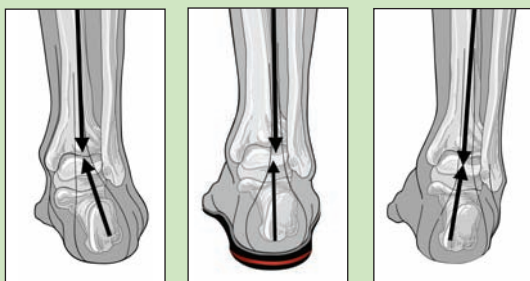
**[www.theorthoticgroup.com](http://www.theorthoticgroup.com)**

# THE KEY TO BETTER HEALTH COULD BE RIGHT UNDER YOUR... TOES

## What do **My Feet** have to do with it?

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, a subtle change 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.

The Orthotic Group's (TOG) custom orthotics help rebalance your feet, reducing pain and discomfort by enhancing your body's natural movements. In close partnership with your health care professional, TOG designs orthotics that augment treatment and add to your general well-being no matter where your feet may take you.



PRONATED  
(right foot)

NORMAL  
with orthotic  
(right foot)

SUPINATED  
(right foot)

# PRESCRIPTION ORTHOTICS



## What are Prescription Orthotics?

Prescription orthotics look like insoles, but are biomechanical medical appliances that are custom made to correct your specific foot imbalance. Orthotics work on your feet much like glasses work on your eyes – they reduce stress and strain on your body by bringing your feet back into proper alignment. Orthotics fit into your shoes as comfortably as an insole – and they have the advantage of having been made from precise imprints of your feet.

## How do they Help?

Properly made orthotics are custom molded to the support requirements of your feet. They help restore the normal balance and alignment of your body by gently correcting foot abnormalities. Nobody understands this better than The Orthotic Group, a true leader in this specialized field.

The Orthotic Group designs innovative, comfortable orthotics that are a pleasure to wear as they gently reduce problems associated with pressure points, muscle strain and abnormal forces on the ankles, knees, hips and spine. Over time, custom orthotics support what is prescribed by your health care practitioner and bring you relief from fatigue and pain, allowing you to enjoy daily activities comfortably.

## How do I know if I have a problem?

The symptoms of poor foot mechanics can include any one of the following:

1. Localized foot pain
2. Bunions, hammer toes
3. Arch / heel pain
4. Leg / knee pain
5. Hip or back pain – even neck pain

## What can I do?

Your health care practitioner can prescribe foot orthotics to help correct your specific foot and body imbalance. You can help your health care practitioner by discussing any nagging foot, leg, or back problems, and even by simply asking if your feet could be part of the problem.

## Type of Orthotics

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

Casual Orthotics	Sport Orthotics	Dress Orthotics	Specialty Orthotics
SuperFlex CushionFlex KidsFlex	RunFlex SportFlex EagleFlex SkiFlex SkateFlex	FashionFlex DressFlex	DiabeticFlex Gait Plates UCBL

For more information on TOG orthotics, please visit our website: [www.theorthoticgroup.com](http://www.theorthoticgroup.com)