

# Orthotics: And Why You Need Them

## Fascinating Foot Facts



- The average person takes 8 000 - 10 000 steps per day!
- The average person will walk over 100 000 miles in their lifetime, more than 4 times around the world!!
- Women have **four times** as many foot problems as men! Blame it on the fancy, ill-fitting footwear!
- Just **ONE** foot is made up of 26 bones, 33 joints, 107 ligaments and 19 muscles!

• 1/4 of all the bones in the human body are located in your feet! When these bones are out of alignment, so is the rest of your body.

- Many foot conditions (calluses, bunions, corns, etc.) are caused by ill-fitting shoes.
- Walking is the best exercise for you feet. It also contributes to your general health by improving circulation, contributing to weight control and promoting all around well-being.
- The largest feet in the world belong to a Mr. Matthew McGrory, who lives in America with a whopping 28.5 (US size) feet!

## Custom made Orthotic supports help rebalance your feet, reducing pain and discomfort by enhancing your body's natural movements.

Prescription orthotics are another way to treat sore feet. They 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 into proper alignment. Orthotics fit into your shoe as comfortably as an insole and they have the advantage of being made from precise casts of your feet. See Dr. Darren today for more



As our society ages and does not maintain proper biomechanics, waiting lists will increase for bunion surgery, as well as knee, hip and back surgery, not to mention the pain and suffering that comes with this condition. Much foot, ankle, knee and hip pain could be averted as a result of getting custom-made orthotics when needed.

We are still old fashioned here at M&Y Chiropractic. We still plaster cast the feet in neutral position and send the slippers to a chiropodist. The orthotics are then fitted into your shoes and a follow up visit is recommended to ensure a perfect fit and a happy client.

Please contact our office to book your appointment for an orthotic assessment at (905) 898-6644.

## Custom Made Orthotic Support Inserts and Shoes will:

- Eliminate foot pain and fatigue
- Improve balance and coordination
- Help hold your adjustments better
- Improve your sports performance
- Prevent low back, hip and knee pain

## More great news...

Most insurance companies will cover anywhere from a portion to full coverage of your financial investment!

