

Orthotics and Why you need them!

The foot is the foundation that holds the body's entire weight. There are 26 bones, 33 joints, 107 ligaments and 19 muscles that maintain 3 arches – medial, lateral and metatarsal (forefoot). 75% of people suffer from foot pain at some point. 80% of people are pronated (flat footed).

So what is the big deal? Why is this important? Why does it need to be corrected?

Well, body movement is based on joint biomechanics. The healthier and more aligned the joint, the better it works to maximum range of motion. The more aligned your joints are, the less wear and tear – just like your vehicle tires that are not aligned end up with uneven tread wear and a shorter life span. Abnormal joint alignment promotes Osteoarthritis (Osteo=bone, arthros=joint, itis=inflammation). Osteoarthritis is accelerated wear and tear on body joints that are misaligned.

Now Offering our Orthotics Special!

Purchase a pair of Custom Made Orthotics between November 1st and December 18th and receive your choice of \$75 M&Y reward cards or \$50 gift certificate to Upper Canada Mall!



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 and speak with Jessi or Casey to book your appointment for an orthotic assessment at (905) 898-6644.

