

## THE ORTHOTIC GROUP EXPERT ORTHOTIC SUPPORT FOR EVERY WALK OF LIFE

The Orthotic Group (TOG) provides custom orthotic solutions to health care professionals and their patients around the world. 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 – blame it on fancy, ill-fitting footwear**
5. **More than 75% of people will experience foot problems in their lifetime**

## TEST YOUR NEED FOR ORTHOTIC SUPPORT

If you agree with any of the statements below, ask your health care professional how The Orthotic Group products can help you feel better, from the ground up.

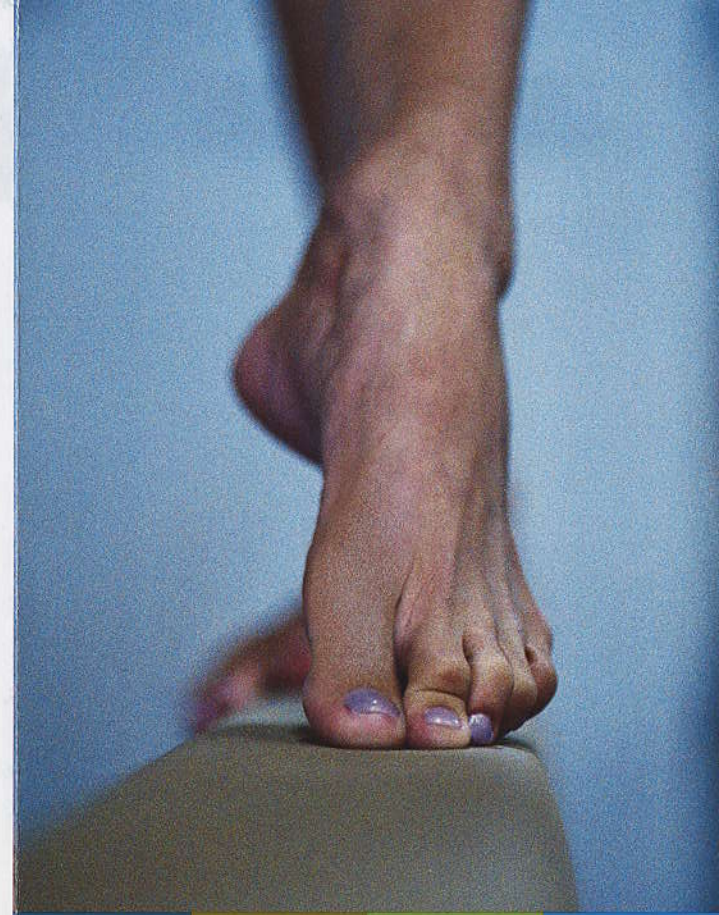
1. My feet are sore on a regular basis
2. I spend a good portion of my day standing or walking on hard surfaces
3. I play a sport regularly (tennis, golf, basketball, etc.)
4. Standing, walking or running gives me joint pain (ankles, knees, hip, or back)
5. I am over 40 years old
6. I have visible foot 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



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**your feet – our world**  
[www.theorthoticgroup.com](http://www.theorthoticgroup.com)



## FOOT CARE: PUTTING YOUR BODY IN BALANCE WITH ORTHOTICS

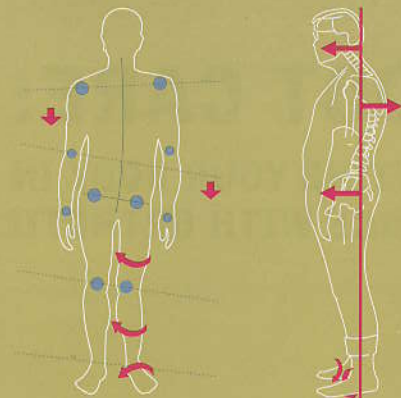


# THE KEY TO BETTER HEALTH COULD BE RIGHT UNDER YOUR... TOES

## 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, the 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.



Lack of orthotic support for people who need it can lead to any number of imbalances in the body, as shown above.

## 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 orthotic support that is prescribed by your health care practitioner will bring you relief from fatigue and pain, allowing you to enjoy daily activities comfortably.

## HOW WOULD I KNOW IF I HAD A PROBLEM?

The symptoms of faulty 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:	Dress Orthotics:	Sport Orthotics:
SuperFlex KidsFlex DiabeticFlex CushionFlex	FashionFlex DressFlex	SportFlex SkiFlex SkateFlex RunFlex EagleFlex

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