



ACTION SPORTS CLINIC

CUSTOM ORTHOTICS

Do you suffer from heel and arch pain, bunions/hammertoes, diabetes, knee or back pain?

Custom foot orthotics are medically proven to help eliminate pain and discomfort by correcting pronation and/or gait problems.

It's important to understand your feet have direct impact on the rest of your body and support you with each step. A small abnormality in foot function can have a large impact on joints higher up in the body, causing pain and discomfort.

When you are running, the pressure on your feet can be three or four times your body weight. Even walking can produce more pressure than the sum of your body weight.

The American Podiatric Medical Association says that the average person takes 8,000 to 10,000 steps a day. That adds up to about 115,000 miles in a lifetime or more than four times the circumference of the globe. That is a lot of walking with ill-fitting shoes or painful feet!!



10,000
Steps
a Day!



In some cases foot ailments can be an early signal of more serious medical problems like arthritis or diabetes.

Women have four times as many foot problems as men because they have a long history of wearing high heels and/or pointy toe shoes.

Go to ACTIONSPORTSCLINIC.CA, email reception@actionsportsclinic.ca
or call (403) 263-BACK (2225) to book your appointment!
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Orthotics and proper shoe fit are very important aspects of foot health.

There are numerous problems that affect our feet and many more solutions. The most important factor for treatment is to use the most appropriate treatment plan for each individual case. The use of foot orthoses (also known as inserts or orthotics) may be a part of the treatment plan for some sore feet. However, before jumping into foot orthoses, it is essential to ensure that the mechanics or physical structure is part of the problem.

When foot pain strikes, the first step in the treatment plan is to visit a professional who can conduct any necessary tests in order to establish the diagnosis, and then a treatment plan can be established.

Custom made orthoses are made to the individual foot, usually from plaster impressions. The foot is casted with Plaster of Paris to produce molds and the molds are taken to the laboratory to use in the manufacturing of the foot orthoses. The foot orthoses are fabricated from a variety of materials, again depending on the individual client. In general, a softer material is used for cushioning and protection such as for a person with rheumatoid arthritis or diabetes mellitus. A firmer material is used for a foot orthosis that will control motion and foot position for pathologies such as plantar fasciitis or tibialis posterior tendonitis.

