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Sent: Monday, 30 January 2012 9:53 AM
To: << Test First Name >>
Subject: PHYSIO4ALL E-News: Orthotics or Nerdserts?

Learn about how Orthotics can help YOU! PLUS Special Offer - FREE Foot Biomechanical Assessment for first 11 Callers!!!

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PHYSIO4ALL E-News

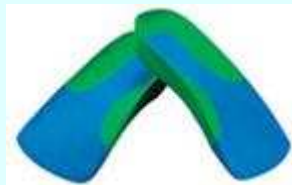
Orthotics or Nerdserts?

Who wears them?

More people than you think. There is no way to tell if someone has an orthotic insert in their shoes. They can even be made to fit into some high heels.

Do you have any of the following conditions?

- Toe pain (bunions, Morton's Neuroma, clawed toes)
- Mid foot pain (collapsed arches - flat feet, Plantar Fasciitis)
- Ankle pain (repetitive sprained ankles, Achilles tendinitis)
- Shin pain (shin splints)



SPECIAL OFFER!!!

FREE Inital Foot

- Calf pain (repetitive calf strains, tight calves)
- Knee pain (cartilage or meniscal wear and tear)
- Hip pain, Lower Back Pain, Neck Pain (headaches)

Orthotics may help with these conditions.

What are they?

Small plastic inserts that slide into your shoes. They support your arch and help to stabilise your feet while you walk and/or run. This reduces pressure on your joints and ligaments, and helps surrounding muscles as they do not need to activate as much.

Who needs and who doesn't need orthotics?

- Orthotics should be worn by people with a specific condition that has been shown to be corrected by orthotics. Before using orthotics, you should always have a thorough assessment by a skilled practitioner like your PHYSIO4ALL Physio!
- Also people who naturally run in bare-feet (or use bare-foot shoes), shouldn't wear orthotics in these shoes as their running style is already altered.



I've had orthotics in the past and they were too uncomfortable?

As we age, our arches will begin to fall. The use of orthotics can reduce the effect of fallen arches and the pain associated with it. Regardless of how 'high' your arch is now,

Biomechanical Assessment with one of our experienced physios for the first 11 callers!! Worth \$100!!! BOOK NOW on 02 9922 2212!

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it will fall as you get older. Orthotics can play an important role in maintaining your arch, but you may need to adjust them gradually as you age. Hence we suggest rather than going for a very hard orthotic you try a heat moulded softer orthotic that can be adjusted to maximise comfort and stability.

If you have any concerns about your feet or if you have an injury please contact one of our physiotherapists on [9922-2212](tel:9922-2212).

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