

# **7 REASONS**

## **WHY FOOT CARE IS ESSENTIAL**

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- 1. IMPROVED  
*SUPPORT & BALANCE***
- 2. SHOCK ABSORPTION & *INJURY PREVENTION***
- 3. ENHANCED  
*ATHLETIC PERFORMANCE***
- 4. MOBILITY & *INDEPENDENCE***
- 5. PREVENTION OF MSDs  
*AKA INJURIES FROM MOVEMENT***
- 6. FOR IMPROVED  
*ALIGNMENT, POSTURE AND GAIT***
- 7. MORE PAIN FREE TIME  
*DOING WHAT YOU LOVE***



## 7 SIGNS

# YOU SHOULD CONSIDER ORTHOTICS

1. YOU HAVE **FOOT PAIN OR PAIN WHILE YOU MOVE**
2. YOU HAVE **DIFFICULTY WITH BALANCE**
3. YOU HAVE **HEEL PAIN**
4. YOU HAVE HAD **A LOWER LIMB INJURY**
5. YOU HAVE **FLAT FEET OR A HIGH ARCH**
6. YOU HAVE **DIABETIC FOOT COMPLICATIONS**
7. YOUR SHOES **ARE WEARING UNEVENLY**

