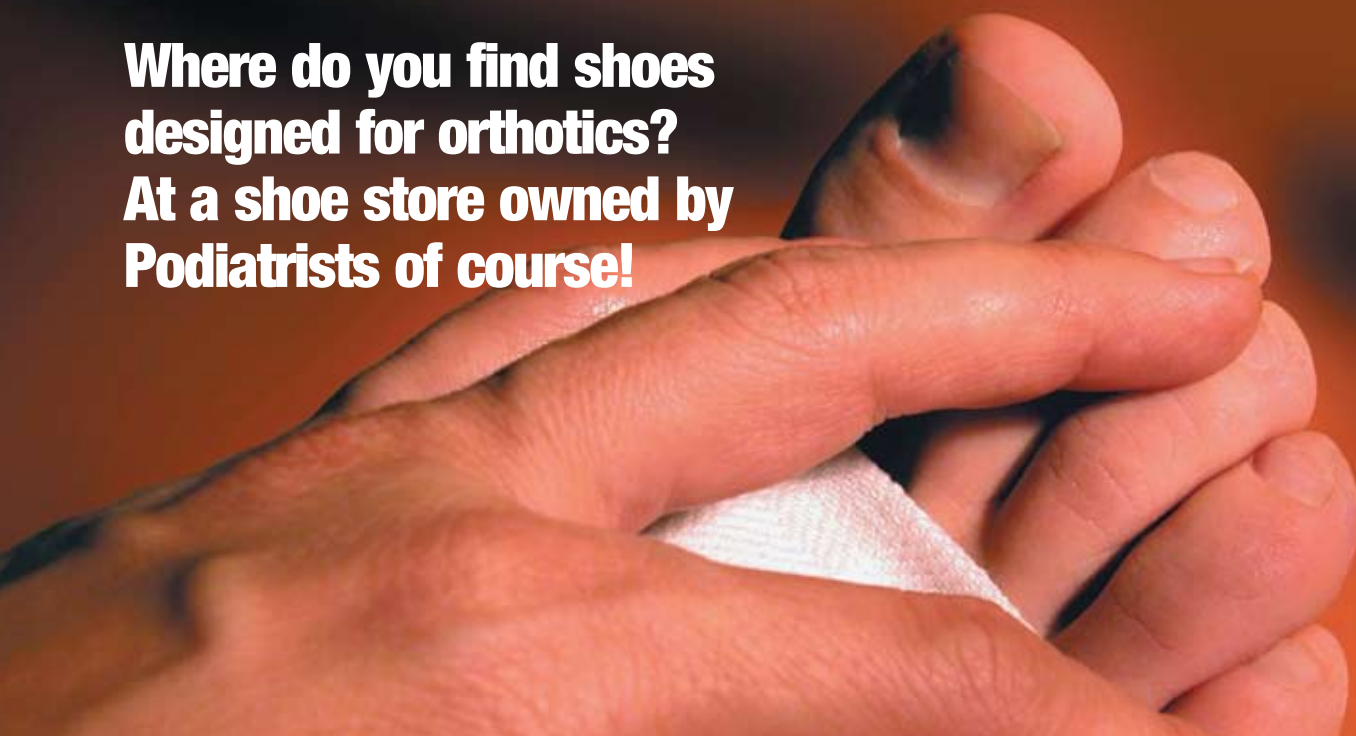


Orthotic advice

**Where do you find shoes designed for orthotics?
At a shoe store owned by Podiatrists of course!**



Once upon a time orthotics were called arch supports. Like most things orthotics have undergone extensive development in recent years. A wealth of scientific knowledge is now applied to the manufacture of orthotics to ensure the very best care for your feet.

This intimate understanding of how feet function during walking and exercise is called biomechanics.

Biomechanics enables podiatrists to design orthotic that will effectively re-balance and redistribute the body's weight over the entire foot surface, thus relieving areas of over-use and stress that create painful physical symptoms.

Symptoms that not only manifest themselves in the foot, but may also the ankles, shins, knees, hips and lower back. The size, shape, colour and price of orthotics will vary according to your specific requirements, and therefore require an individual prescription (like spectacles or dentures).

A custom-made orthotic device developed from a plaster impression of your feet will always provide the most accurate therapy for your problem.

'Off-the-shelf' products from pharmacies aren't created specifically for your feet, so it is rare that they will effectively address your problem.

We recommend podiatrists as the preferred health professional when it comes to your feet.

They are seeing feet all day, every day (unlike orthotists, physiotherapists and doctors) and are therefore far better positioned to design your orthotics.

Comfort & Fit are happy to recommend a podiatrist in your area, all you need to do is ask.

Alternatively you can telephone one of our stores to obtain some free advice as we have podiatrists in-store every week.



Five Melbourne Stores: Head Office. Bentleigh: 357 Centre Rd. ☎9557 7520 Frankston: 15 Thompson St. ☎9770 5044

Glen Waverley: 58 O'Sullivan Rd. ☎9886 5399 Greensborough: 63 Main St. ☎9432 6344 Niddrie: 368 Keilor Road. ☎9374 4011

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