



Lower Back Pain  
Piriformis Syndrome  
Sciatica  
Hip Pain

Knee Pain  
Iliotibial Band Syndrome  
Patellofemoral Syndrome

Shin Splints  
Stress Fractures

Achilles Tendonitis  
Plantar Fasciitis  
Morton's Neuroma  
Metatarsalgia  
Flat Foot  
PTTD  
Bunions  
Pes Cavus

# Prescription Orthotics

Each foot is made up of 28 bones, 30 joints, and more than 100 muscles. The unique way these **synchronize & absorb contact** from the ground determines the balance and mobility of our entire lower body.

On average, we take over **2.5 million steps per year**. Every step out of biomechanical alignment can cause and compound health issues.

**80%**

will experience foot pain at some point in their life

**1%**

of the population have "optimal" foot biomechanics

**14%**

of Canadians own at least one pair of custom orthotics

**91%**

of Canadians reported pain reduction after six weeks of wearing custom orthotics