



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