



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