

Orthotics Information

The key to better health for your body could be right under your feet!

Your feet have a direct impact on the rest of your body. Like the foundation of a house, your feet support the weight of everything above them. When a small problem develops in your feet, the subtle changes in the way you walk will cause a chain reaction of adjustments in your posture and walking mechanics. These changes can put stress on joints higher up in your body, and lead to more serious problems such as:

foot pain

•knee pain

hip pain

back pain



Popularly Divine Deep In Our Spine Vol 1

J Elliott

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