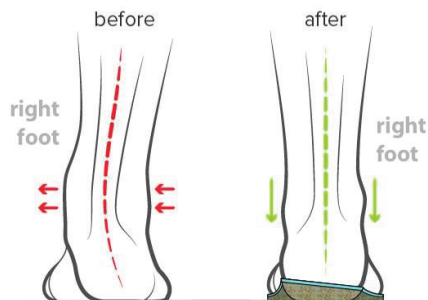


OHI International provide custom orthotic solutions worldwide to healthcare practitioners and their patients. From assessment tools such as the GaitScan™ to custom orthotics, our products are renowned for their innovative design, quality and comfort.

Fascinating foot facts

1. The human foot has 26 bones, 33 joints, 107 ligaments, and 19 muscles and tendons. The 52 bones in your feet make up about 25% of all the bones in your body.
2. The average person takes 8-10,000 steps each day.
3. The average person will walk over 100,000 miles in their lifetime, or more than 4 trips around the world!
4. Woman have four times as many foot problems as men, mainly due to poor fitting footwear including high heels.
5. More than 75% of the population will experience foot problems in their lifetime.

What foot type are you?



Consult your healthcare practitioner today if you would like to learn more about orthotic therapy.

ohi
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ohi ^{only} The complete lower extremity solution

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INTERNATIONAL



PUTTING YOUR BODY
IN BALANCE WITH
ORTHOTICS

THE KEY TO BETTER HEALTHCARE COULD BE RIGHT UNDER YOUR TOES

What do my feet have to do with it?

Like the foundation of a house, your feet support the weight of everything above them. When a small problem develops in your feet, subtle changes can occur in the entire framework of your body. These changes cause a chain reaction throughout your posture while you stand and walk, placing excess stress on joints, muscles and tendons in the feet, knees, hips or back.

A custom orthotic from OHI International will help reduce pain and discomfort by enhancing your body's natural movements. In close partnership with your healthcare practitioner, OHI International designs custom orthotics allowing you to stand, walk and move with balance, comfort and freedom.

CUSTOM ORTHOTICS

What are custom orthotics?

Custom orthotics are insoles that have been manufactured specifically for you in order to control the velocity with which your foot strikes the ground, support the midfoot and promote normal gait.

How do they help?

Custom orthotics control the speed your foot hits the ground and helps absorb the forces at impact, thereby reducing stress on the heel and plantar fascia. They support the arch of the foot to prevent it from flattening and stretching when standing and help the foot to stay in normal alignment, reducing rotation through the knees, hips and lower back.

What should I do?

Talk with your healthcare practitioner about the symptoms you are experiencing. After a physical examination and gait analysis, they will be able to discuss whether an orthotic would help alleviate your symptoms and recommend the most appropriate device for your needs.

How do I know if I need a custom orthotic?

Below are a number of conditions that are often treated with orthotic prescription.

- 1 Heel pain
- 2 Arch pain
- 3 Bunions
- 4 Toe pain
- 5 Knee pain
- 6 Hip pain
- 7 Low back pain

Types of Custom Foot Orthotics

The Orthotic Group offers a wide variety of options to fit your lifestyle:

DRESS



FashionFlex



DressFlex

CASUAL



SuperFlex



CushionFlex



KidsFlex



SandalFlex

SPECIALTY



LeatherFlex



DiabeticFlex



SafetyFlex



UCBL



Soft EVA Support



Firm EVA Support

SPORT



SportFlex



SoccerFlex



RunFlex



CourtFlex



PerformanceDress



PerformanceSport



An OHI Company