

HOW CAN CUSTOM ORTHOTICS HELP?

Custom orthotics play an important role in reducing stress and strain on the body by restoring a natural balance through healthy movement patterns. With regular use, custom orthotics will allow you to maintain a healthy, active lifestyle. Even though they will last for many years, we recommend a comprehensive gait assessment every one to two years to ensure that the custom orthotic continues to meet your changing needs.



DressFlex



SportFlex



FashionFlex



DynaFlange™



RunFlex



SuperFlex

WHY IS A GAITSCAN™ ANALYSIS SO IMPORTANT?

Your foot is in contact with the ground for less than one second, making it nearly impossible to determine abnormal foot function with the naked eye. This is why your health care practitioner has chosen to use a GaitScan™ as part of a comprehensive gait analysis. This cutting edge technology will provide critical information to determine if you will benefit from a custom orthotic.

WHAT IS INVOLVED?

STEP 1: Physical Examination

During the comprehensive gait assessment, your health care practitioner will perform an examination while you are standing or walking, and while seated. This allows for an overview of the alignment, movement and muscle function of the lower limbs.

STEP 2: GaitScan™ Computerized Analysis

As you walk across the GaitScan™ pressure plate, over one million data points are collected. This data will provide insight into the unique timing and pressure of your gait that cannot be seen with the naked eye, and will indicate whether you will benefit from a custom orthotic. This data also creates a dynamic cast of each foot and eliminates the need for plaster or foam casting if an orthotic is required.*

STEP 3: Diagnosis and Casting

If your health care practitioner recommends a custom orthotic based on your diagnosis, they will send the dynamic cast of each foot to The Orthotic Group, where a skilled team of technicians will manufacture a pair of orthotics to meet your unique needs.



*Some third party payers may require a foam, plaster or 3D laser cast in addition to the GaitScan™ cast. See your benefit plan for details.

WHAT IS THE NEXT STEP?

A comprehensive gait assessment allows your health care practitioner to determine if your feet are having a negative impact on the way that you stand, walk, run and move.

The assessment will include a physical exam of your lower limbs followed by a GaitScan™ Computerized Analysis. A report will be generated by the GaitScan™ software that your health care practitioner will analyze and use to make a diagnosis.



ARE YOU CARING FOR YOUR HEALTH FROM THE GROUND UP?

Consider the following questions:



- Do you suffer from foot, knee, hip or low back pain?
- Have you injured joints or soft tissue in your lower limbs?
- Have you ever had surgery on your feet, knees or hips?
- Do you have arthritis in your feet, knees or hips?

If you answered “yes” to any of the above, you may benefit from the use of custom orthotics. Ask your health care practitioner for a comprehensive assessment that includes a GaitScan™ Computerized Gait Analysis today.

Available From:

GaitDoctor
Suite 103 Apollo Health & Wellness Ctr.
119 Apollo Drive, Albany, Auckland, 0632
Ph 09 4142225
www.gaitdoctor.co.nz
E: admin@gaitdoctor.co.nz



160 Markland Street
Markham, Ontario, Canada L6C 0G6
t. 800.551.3008 f. 877.551.3001
www.tog.com



The OHI Family of Brands



safeStep

PedAlign

LANGER

APEX

DO YOU NEED CUSTOM ORTHOTICS?

