



Alternative *foot* solutions

Step into your *body*... your freedom... your *lifestyle*

Don't want to wear orthotics?

**92% OF OUR PATIENTS
DON'T NEED ORTHOTICS
ANymore!**



Why orthotics often don't work...

FACT
1

Orthotics only work while you wear them.

This means that women who wear a variety of fashionable footwear, thongs or like to go barefooted do not receive the benefits of orthotics.

FACT
2

Orthotics also don't correct existing issues like bunions or hammertoes. Before now, the only real corrective option was surgery, but now you can address the underlying cause of these issues.

Meet Gabby!

Gabby is a trainer at a local gym, so her livelihood depends on her being fit and active. She is also mother to three energetic children. When Gabby first attended our clinic, she was unable to run AT ALL! She also experienced pain while attending to her day-to-day duties. The severe pain in her feet limited her activity to the point where she started putting on weight, which significantly hindered her professional goals as a trainer as she was hardly a role model for her clients.

After just four weeks of our treatment, Gabby was running again. Read on to find out how.



STUCK ON ORTHOTICS

To Gabby's credit, she had tried to fix the problem by seeking treatment and wearing orthotics, but these measures had failed. Even though she could wear her orthotics most of the time for work (given that as a PT she wore runners), Gabby still suffered discomfort. Fashionable shoes were completely out of the question!

RESULTS IN FOUR WEEKS — RUNNING WITHOUT PAIN

When we reassessed Gabby at four weeks, she had started running again and was exercising more rigorously. Her pain had reduced by 80 per cent, despite her increase in activity. At this point, we discussed how she could increase the intensity of her exercise regime, and we identified possible issues that might arise.

Gabby's impressive results are typical of our patients' treatment outcomes, as we concentrate on treating the underlying cause, not just the pain. This approach is often overlooked in many treatments.

Top tips to help you do without orthotics!

Here are three top tips to help you remain active, pain-free and with the freedom to walk on the beach or wear a pair of fashionable shoes. On average, 92 per cent of patients who attend our clinic don't need orthotics after our treatments.

Top Tip #1

Do Toe Crunches

This exercise is important because it strengthens the muscles in the foot that help you stand, walk, run and dance. If the muscles in the foot are weak, they will severely limit your ability to exercise, walk on the beach or wear different shoes.

This important exercise is essential to strengthen the arches and stop them from collapsing when orthotics aren't used.



How To Do Toe Crunches

1. Stand with your feet hip-width apart.
2. Roll your ankles out so that your weight is on the outside of your foot and your big toe is off the ground.
3. Curl your toes as if you're making a fist with them.

How often?

Hold for 3 seconds; do 10 sets twice daily.

Top Tip #2

Do Calf Stretches

Stretching your calves (the back of the bottom part of your leg) is vital to foot function. They need to be flexible so you can move, jump or dance freely.

Thirty per cent of flat feet are actually caused by the calves tightening, which can lead to a variety of foot issues.



How to stretch your calves

1. Find a wall and place the palms of your hands on it at around shoulder height.
2. Place one foot in front of the other so that toes are pointing in the same direction and your feet are parallel to each other. The back heel should touch the ground.
3. For the first stretch, bend the front knee and keep your back knee straight.
4. Hold for 30 seconds.
5. For the second stretch, bend the back knee of back leg.
6. Hold for 30 seconds.
7. Repeat on the opposite leg.

How often?

Perform 4 times daily. Hold stretch for 30 seconds

Continue for 3 weeks. If there is not a significant improvement in symptoms, book an appointment.

Top Tip #3

Get assessed to see if Alternative Foot Solutions can help you!

It is essential that you find the underlying cause of your problem. Without doing so, everything will be a Band-Aid approach and the problem will return.

With fourteen years' experience at Alternative Foot Solutions, we are very proud of our record of finding the true underlying cause. We are the only practice in NSW to use weight-bearing X-rays to identify the true underlying cause of problems.



We help active people who wear orthotics to get out of their orthotics by treating the underlying cause. Our treatments consistently achieve results, so you no longer need orthotics, can remain active and avoid surgery.

To find out more please call the clinic on (02) 8966 9300 or email us on info@alternativefootsolutions.com.au

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Alternative Foot Solutions – Your Sydney Podiatrist

Foot pain need not control your life. Alternative Foot Solutions is a Sydney podiatry clinic that specialises in foot mobilisation podiatry for the treatment of a wide range of foot pain, heel pain, biomechanical and body movement issues. Assessment and treatment techniques combine a mixture of mainstream podiatry treatments with foot mobilisation and acupuncture, providing a holistic approach to treating your foot pain. For a limited time, we're offering a free assessment for anyone who wants to get out of their orthotics. This offer is only valid for the next month and to the first 10 people to contact the clinic. You must mention this report at the time of booking.

Call today for an appointment on (02) 8966 9300.