

Test Your Need For Orthotic Support

If you agree with any of the statements below, ask your doctor or physiotherapist how Meridian Spine & Joint Physiotherapy Centre products can help you feel better, from your feet up.

1. My feet are sore on a regular basis.
2. I spend a good portion of my day standing or walking on hard surfaces.
3. I play a sport regularly (tennis, golf, basketball, hockey, figure skating, etc).
4. Standing, walking, or running give me joint pain (ankles, knees, hip, or back).
5. I am over 40 years old.
6. I have visible foot problems (bunions, fallen arches, corns, etc).
7. One of my legs is shorter than the other.
8. I have knock-knees or bow-legs.
9. My shoes wear out quickly or unevenly.
10. My feet "toe out" when I walk.
11. My parents had foot related symptoms.

Fascinating Foot Facts

1. 25% of the bones in your body are in your feet.
2. The average person takes 8,000 to 10,000 steps per day.
3. The average person will walk over 100,000 miles in their lifetime, or more than 4 trips around the world.
4. Women have four times as many foot problems as men - blame it on fancy, ill fitting footwear.
5. More than 75% of people will experience foot problems in their lifetime.



Orthotics Team

Adam Mighton, BSc.(KIN), MPT

- Level 1 Manual Therapist (Orthopaedic Division of Canadian Physiotherapy Association)
- Mulligan MWM Trained Therapist-Lower Quadrant
- Part A McKenzie MDT Therapist
- Soft Tissue Release Certification
- FitforeGolf Levels 1-3 Certification
- The Orthotic Group Training—Gait and Pressure Analysis

Nathan Birth, B.A., Hons KIN., C.F.E.

- Certified Kinesiologist
- Certified Functional Evaluator
- The Orthotics Group Training—Biomechanics, Gait Scan and Gait Analysis
- The Orthotics Group Training—Custom Orthotic Therapy

Troy Rosborough, B.A. Hons KIN, C.K., C.E.S., C.F.E.

- Certified Kinesiologist, Functional Evaluator, Ergonomics Specialist
- The Orthotics Group Training—Level II
- Advanced Orthotic Therapy

Our Locations

CENTRAL WEST

201-350 Oxford St. W
London, On.
519-471-7900

LUCAN

280 Main St.
Lucan, On.
519-227-2100

CENTRAL EAST

124 Barker St.
London, On.
519-451-4511

MOUNT BRYDGES

Southwest Middlesex
Health Centre
22262 Mill Rd.
Mt. Brydges, On.
519-264-2800

EAST (Argyle Mall)

1925 Dundas St.
London, On.
519-451-4741

STRATHROY

Meridian Active Joint
Physiotherapy Centre
74 Front St. E.
Strathroy, On.
519-245-5868

Enjoy Health with Meridian

PRESCRIPTION CUSTOM ORTHOTICS (Caring for Your Feet)

Putting Your Body in Balance
with Custom Orthotics
and Orthopaedic Shoes



Meridian Spine & Joint
PHYSIOTHERAPY CENTRE

Referral Centre

201-350 Oxford St. W.
London, ON, N6H 1T3
519-471-7900

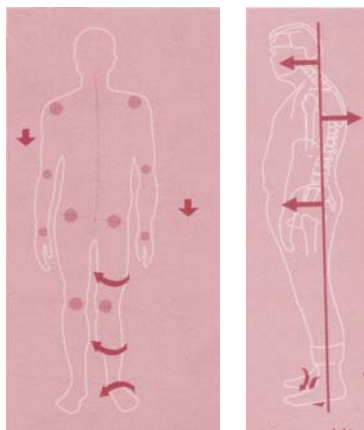
(several locations available to serve you)

The Key to Better Health Could Right Under Your ...Toes

What Do My Feet Have to Do With It?

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 change 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.

Meridian Spine & Joint Physiotherapy Centre custom orthotics and/or orthopaedic shoes help rebalance your feet, reducing pain and discomfort by restoring your body's natural mechanics and movements. Meridian Spine & Joint Physiotherapy Centre in collaboration with The Orthotic Group designs custom orthotics that augment treatment and add to your general well being no matter where your feet may take you.



Lack of orthotic support for people who need it can lead to a number of imbalances in the body, as shown above.

Prescription Orthotics

What Are Prescription Orthotics?

Prescription orthotics look like insoles, but are biomechanical medical appliances that are custom made to correct your specific foot imbalance. Our specially trained physiotherapists and kinesiologists design your orthotics to work on your feet much like glasses work on your eyes - they reduce stress and strain on your body by bringing your feet back into proper alignment. Orthotics fit into your shoes as comfortably as an insole and they have the advantage of having been made from precise imprints of your feet.

How Do Orthotics Help?

Properly made orthotics are custom molded to the support requirements of your feet. They help restore the normal balance and alignment of your body by gently correcting foot abnormalities.

Remember that your feet are connected to your knees, your hips, your low back, and your neck! Nobody understands this better than Meridian Spine & Joint Physiotherapy Centre, a leader along with The Orthotics Group in this specialized field.

Meridian Spine & Joint Physiotherapy Centre provides innovative, comfortable orthotics that are a pleasure to wear as they gently reduce problems associated with pressure points, muscle strain, and abnormal forces on the ankles, knees, hips, and spine. Over time, custom orthotic support that is prescribed by your doctor or physiotherapist will bring you relief from fatigue and pain, allowing you to enjoy daily activities comfortably.

The Orthotic Group (TOG) provides custom orthotic solutions to health care professionals and their patients around the world. From assessment tools such as GaitScan to custom made orthotics, shoes, and sandals, TOG products and services are renowned for their innovative design, quality, and comfort. Meridian Spine & Joint Physiotherapy Centre believes this is the best product on the market.

How Would I Know If I Had a Problem?

The symptoms of faulty foot mechanics can include any one of the following:

1. Localized foot pain.
2. Bunions, hammer toes.
3. Arch / heel pain.
4. Leg / knee pain.
5. Hip or back pain - even neck pain.

What Can I Do?

Your health care practitioner can prescribe foot orthotics to help correct your specific foot and body imbalance. You can help your physician or physiotherapist by discussing any nagging foot, leg, or back problems, and even by simply asking if your feet could be part of the problem.

Types of Orthotics

Meridian Spine & Joint Physiotherapy Centre offers a wide variety of orthotics and orthopaedic shoes to fit your lifestyle.

