

HOW STRESSED ARE YOUR FEET?

TAKE THIS TEST

- Do you stand or walk on hard surfaces for more than 4 hours daily?
- Do you participate regularly in any physical sport (basketball, baseball, tennis, golf, bowling, etc.)?
- Are you age 40 or over?
- Have you had a prior injury to your knee, back or neck?
- Do your shoes wear unevenly?
- Do you have joint pain while standing, walking, or running?
- Is one of your legs shorter than the other?
- Do you have knock-knees or bow legs?
- Do you have obvious foot problems (bunions, corns, flat feet, etc.)?
- Do your feet “toe out” when you’re walking?

If you checked any of the above, bring this test to our office and ask Dr Jenny how custom-made orthotics can help.

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