

Foot Pain & Problems

for your **toes and feet**
comfort shoes

Do you have foot pain or problems?

The knee is made to bend only in one direction. When the foot over-pronates, the leg rotates inward toward the opposite leg. This causes the knee to flex and extend while pointing inward and not in the normal direction, which can cause knee pain.

• Knee Pain

If the normal way of walking is painful, we instinctively change our walking pattern. This changes the mechanics of your ankle joint, eventually causing ankle pain. This change in your walking pattern can also affect the lower back.

• Back Pain

Injury, overuse or conditions causing inflammation involving any of the bones, ligaments or tendons in the foot can cause foot pain. More causes include Poorly fitted shoes, prolonged period on feet, long walks or running marathons, sprains, strains, or trauma.

• Foot Pain

Plantar fasciitis typically causes a stabbing pain in the bottom of your foot near the heel. The pain is usually the worst with the first few steps after awakening, although it can also be triggered by long periods of standing or rising from sitting.

• Plantar Fasciitis



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Custom-made

• Orthotics

Orthotics are medical devices that you wear inside your shoes to control biomechanical foot issues such as problems with how you walk, stand, or run. They can also help with foot pain caused by medical conditions such as diabetes, plantar fasciitis, bursitis, and arthritis. Orthotics might even help you avoid surgery for various foot ailments.



Over the counter

Inserts

Shoe Inserts that you can buy over the counter in stores can provide cushioning and support. Most are made of materials like gel, plastic, or foam. Inserts fit into your shoes and may make them more comfortable. But they're not custom-made for your feet! These inserts DO NOT correct foot problems.

Why Us?



No Appointment
Required



3D Digital Scan



Custom Made



Done on Location



Only \$295

(VS \$1500 from Competition)



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comfort shoes

HOUSTON
9637 HILLCROFT AVE



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KATY
22066 WESTHEIMER PKWY

Sources:

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