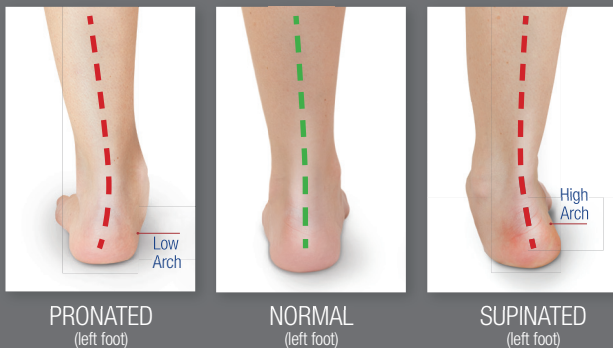


A member of OHI's growing family of companies focused on treating conditions and diseases of the lower extremities, Langer Biomechanics has been a leading provider of solutions to healthcare professionals for more than forty years. Founded in 1969, Langer is the preeminent fabricator of superior-quality, custom foot orthotics.

## Fascinating Foot Facts

1. The human foot has 26 bones, 33 joints, 107 ligaments, and 19 muscles and tendons. The 52 bones in your feet make up about 25 percent of all the bones in your body.
2. The average person takes 8,000 to 10,000 steps each day.
3. The average person will walk over 100,000 miles in their lifetime, or more than four trips around the world!
4. Women have four times as many foot problems as men, mainly due to poor fitting footwear including high heels.
5. More than 75% of the population will experience foot problems in their lifetime.

## What foot type are you?



**Consult your healthcare practitioner today if you would like to learn more about orthotic therapy.**



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The OHI Family of Brands



PUTTING YOUR BODY  
 IN BALANCE WITH  
**ORTHOTICS**

# THE KEY TO BETTER HEALTH COULD BE RIGHT UNDER YOUR TOES

## What do my feet have to do with it?

Like the foundation of a house, your feet support the weight of everything above them. When a small problem develops in your feet, subtle changes can occur in the entire framework of your body. These changes cause a chain reaction throughout your posture while you stand and walk, placing excess stress and strain on joints, muscles and tendons in the feet, knees, hips or even the lower back.

A custom orthotic from Langer Biomechanics will help reduce pain and discomfort by enhancing your body's natural movements. In close partnership with your healthcare practitioner, Langer Biomechanics designs custom orthotics allowing you to stand and walk with balance for a healthy active lifestyle.

# CUSTOM ORTHOTICS

## What are custom orthotics?

Custom orthotics are biomechanical medical devices that are custom made to correct your specific foot imbalances. Orthotics reduce stress and strain on your body by bringing your feet back into proper alignment.

## How do they help?

Custom orthotics help your body restore a natural balance and normal movement patterns, thereby reducing pain and discomfort. Nobody understands this better than Langer Biomechanics, a true leader in this specialized field.

Langer Biomechanics designs leading and innovative orthotics that provide comfort and support in all daily lifestyles. Our orthotics gently assist in reducing problems associated with pressure points, muscle strains and abnormal forces on the feet, ankles, knees, hips and spine.

Over time, custom orthotics prescribed by your health care practitioner will bring you relief from fatigue and pain, allowing you to enjoy daily activities once again.

## What should I do?

Talk with your health care practitioner about the symptoms you are experiencing. After an examination and gait analysis, your health care practitioner will discuss whether your feet are contributing to your problems. Asking if your feet could be a part of the cause is a great first step!

## How do I know if I need a custom orthotic?

The symptoms of poor foot biomechanics may include one or more of the following:

- 1 Localized foot pain
- 2 Bunions
- 3 Hammer toes
- 4 Arch pain
- 5 Heel pain
- 6 Knee pain
- 7 Low back pain
- 8 Hip pain

## Types of Custom Foot Orthotics

Langer Biomechanics offers a wide variety of orthotics to fit your lifestyle:

SPORT ORTHOTIC	FASHION	FUNCTIONAL/CONTROL	THERACARE	ACCOMMODATIVE
 All Sport	 Slimthotic®	 DynaFlange™ HDPE Shell	 Theracare Soft	 Blueline
 All Sport Flexible	 Designline®	 DynaFlange™ Superform	 Theracare Firm	 Runner's Mould
 Soccer	 Superform Stylotic®	 Lyte Fit®		
 Marathoner		 Rigidur		
 Sprinter		 Heel Fit® Firm		 Leather Mould
 Healthflex®		 Heel Fit® Flex.		
 Basket Ball		 U.C.B.L.		
		 D.S.I.S.		