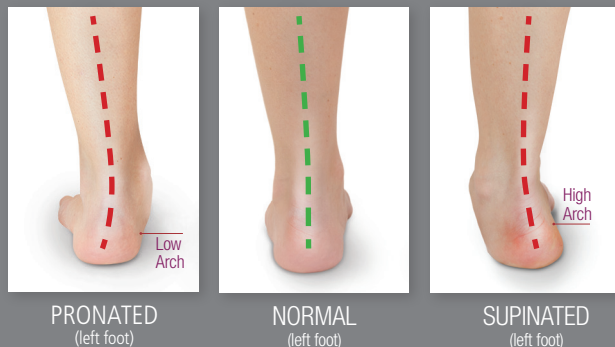


As a member of OHI's growing family of companies focused on treating conditions and diseases of the lower extremities, PedAlign has established itself as a high quality custom foot orthotic manufacturer.

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.

PedAlign

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PUTTING YOUR BODY
IN BALANCE WITH

ORTHOTICS

— The OHI Family of Brands —



PedAlign



safestep
PREVENTION PAYS



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.

These changes can also put stress on joints higher up in your body that may lead to secondary problems. With each step, the pressure of your feet can exceed your body weight, and when you're running, the pressure increases to 3-4 times your weight.

A custom orthotic from PedAlign will help reduce pain and discomfort by enhancing your body's natural movements. In close partnership with your healthcare practitioner, PedAlign 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.

With the PedAlign scanning system, your orthotics will be doctor-prescribed and carefully crafted to compensate for the ravages of weight and gravity. They will put the spring back in your step and the swagger back in your walk – regardless if used for proactive intervention or a foot discomfort caused by work, play or a medical condition.

HOW DO THEY HELP?

Custom orthotics help your body restore a natural balance and normal movement patterns, thereby reducing pain and discomfort. Foot orthoses help support, align, prevent or correct deformities and improve overall foot function. Orthotics are the tested, proven way to stabilize your feet, relieve pressure and get the biomechanical function of your feet back in alignment.

PedAlign 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

Some folks say it's more important to look good than to feel good. Fortunately, with PedAlign, you don't have to choose between looking good and feeling good. That's because the PedAlign system helps your doctor to customize orthotics to fit your specific needs.

