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Foot Care and Orthotics Info Sheet & Intake Questions

Answering yes to any one of these would make someone a potential candidate for Orthotic Therapy.

- Are your feet sore on a regular basis?
- Do you have heel pain on a regular basis?
- Do you spend a good portion of the day walking or standing?
- Do you play sports regularly?
- Does walking or running result in joint pain (ankle, knee, hip, or back)?
- Are you over 40?
- Are you over weight?
- Do you have visible foot problems (bunions, fallen arches, calluses, corns)?
- Do your feet “toe-out” or “toe-in” when you walk?
- Do you have a family history of foot problems?

Reasons for wearing custom foot orthotics are:

- Restored balance and alignment to your body
- Injury prevention
- Better shock absorption
- Improved comfort and stability
- Pain relief