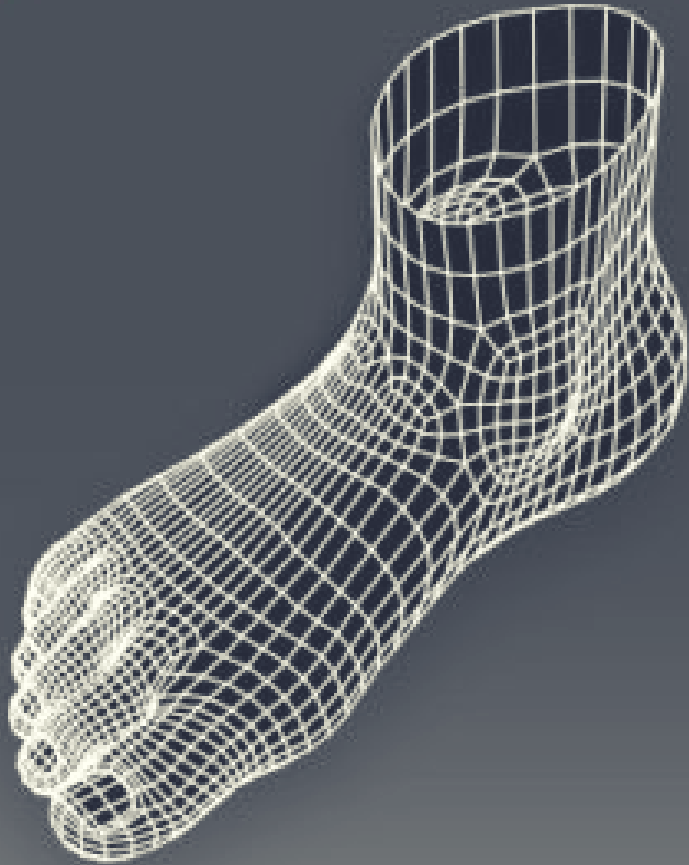
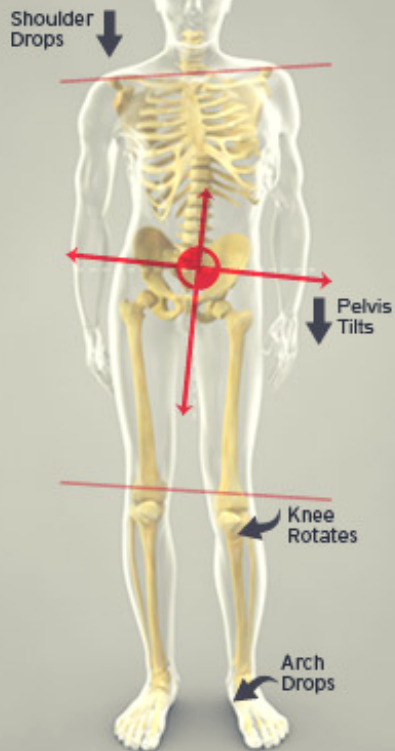




AT PODIATRY HQ, WE
ARE ABLE TO USE A 3D
SCANNER TO TAKE A
SCAN OF YOUR FEET,
WHICH IS SENT TO AN
ORTHOTIC LAB TO
MAKE CUSTOM
ORTHOTICS JUST FOR
YOU.

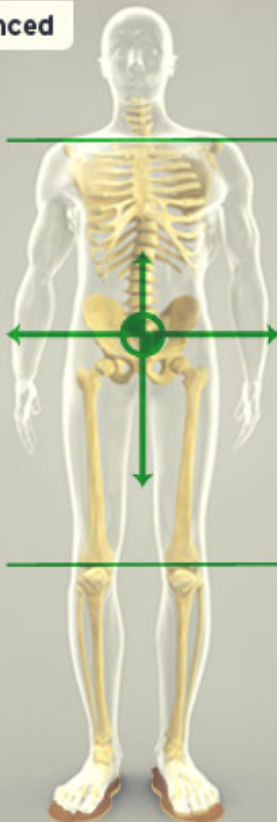


Imbalanced



Imbalances in your feet can have a direct effect on your knees, hips, back and neck.

Balanced



Stabilizing Orthotics can help you have a balanced foundation and can improve your overall health.

WHAT IS THE PROCESS TO GET ORTHOTICS?

STEP 1: BOOK AN ASSESSMENT BY USING OUR ONLINE BOOKING SYSTEM

STEP 2: MEET WITH ONE OF OUR SKILLED PODIATRISTS AND UNDERGO A BIOMECHANICAL ASSESSMENT. WE WILL LOOK AT HOW YOUR FEET ARE WORKING WITH THE REST OF YOUR BODY AND TAKE PHOTOS AND A SLOW MOTION VIDEO TO THOROUGHLY ASSESS YOUR GAIT. WE WILL THEN WE TAKE A 3D BIOMECHANICAL SCAN OF YOUR FEET.

STEP 3: WE SEND OFF YOUR 3D SCAN AND PRESCRIPTION TO THE MANUFACTURES, WHERE YOUR CUSTOM ORTHOTICS ARE CREATED.



Orthotic corrects the pronation

WHAT IS THE PROCESS TO GET ORTHOTICS?

STEP 4: WE WILL BOOK YOU IN FOR YOUR NEXT APPOINTMENT TO FIT THE CUSTOM ORTHOTICS AND ASSESS HOW YOU FEEL IN THEM.

**IT IS RECOMMENDED THAT YOU BRING IN NEW SHOES SO THAT THERE ARE NO PREVIOUS WEAR PATTERNS THAT INTERFERE WITH THE REALIGNMENT OF YOUR FEET.

STEP 5: YOU WILL COME IN TO BE FITTED FOR YOUR CUSTOM ORTHOTICS. WE WILL ADVISE YOU OF A WEAR IN PERIOD AND ASSESS ANY EXTRA NEEDS, SUCH AS A TRAINING PROGRAM IF YOU ARE GETTING INTO PHYSICAL ACTIVITY OR IF YOU ARE GETTING BACK INTO TRAINING POST-INJURY.

WHAT IS THE PROCESS TO GET ORTHOTICS?

STEP 5: YOU WILL BE BOOKED FOR A REVIEW APPOINTMENT TO ENSURE THAT YOUR BODY ALIGNMENT IS IMPROVING WITH THE ORTHOTICS AND TO ADDRESS ANY FURTHER NEEDS.

PLEASE NOTE: IT IS IMPORTANT TO HAVE YOUR ORTHOTICS CHECKED EVERY 6 MONTHS TO ENSURE THAT THE CORRECT AMOUNT OF REALIGNMENT AND IMPROVEMENT IS SEEN.

The logo for Podiatry HQ is centered in the lower half of the image. It consists of the word "podiatry" in a white, lowercase, sans-serif font on an orange rectangular background, followed by the letters "HQ" in a large, orange, uppercase, sans-serif font on a light grey rectangular background. The background of the entire image features a pattern of overlapping purple circles of various sizes on a white background, with an orange horizontal bar at the top.

podiatry HQ