

WHY OUR ORTHOTICS WILL WORK FOR YOU

At SoleScience, we know that no two feet are the same. Our treatment philosophy regarding custom made foot orthotics follows three rules:

- Orthotics should be **COMFORTABLE!**
While new orthotics may feel different, they should never be uncomfortable or painful.
- Orthotics should be **ADJUSTABLE!**
Since there is no "X-Y-Z" formula for the perfect orthotic, adjustments are a normal part of the process. All of our locations have onsite labs for these adjustments to be made during your appointment, allowing for fast and convenient service.
- Orthotics should **LAST!** We know some orthotics might not stand the test of time, but at SoleScience, we design our devices to last. We will adjust or re-build at no cost, as long as they are still working for you.

OUR PROMISE TO YOU

"COMFORTABLE
ORTHOTICS MADE IN
DAYS, NOT WEEKS, THAT
LAST FOR YEARS"



Seigel's

by SoleScience

Seigel's by SoleScience offers a wide variety of performance footwear ranging from athletic and casual shoes to sandals and hiking boots. Your SoleScience Podiatrist provides you with special footwear recommendations based on your foot type, lower limb mechanics and activity. As footwear specialists, we know that proper footwear selection and fit are essential to maintaining comfort.

ADDITIONAL SERVICES

- Performance footwear
- Custom made foot orthotics
- Over-the-counter orthotics
- Footwear modifications
- Compression stockings
- Bracing, splints, non-custom AFO's
- 3D GAIT analysis (running specific)

Visit solescience.ca/injury-locator for more information about how we can help you get back on your feet.

LONDON AND AREA

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Toll Free 1-844-337-7653
admin@solescience.ca

SEIGEL'S BY SOLESCIENCE

627 Maitland Street
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Phone 519-452-9994
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solescience.ca

**GETTING PEOPLE BACK
ON THEIR FEET SINCE 2002**



THINKING ABOUT ORTHOTICS?

SoleScience can help

WHY SEE US?

Since 2002, SoleScience has built its practice on a solid ethical foundation of telling patients when they do not need custom foot orthotics. Don't get us wrong, we strongly believe that the proper implementation of custom made foot orthotics can be beneficial for many different conditions. However, we have come to see too many patients provided custom foot orthotics when another solution will do.

Whether it's footwear suggestions, an over-the-counter foot orthotic or alternative treatment, the experts at SoleScience have become known across Southwestern Ontario for offering great advice to get you back on your feet.

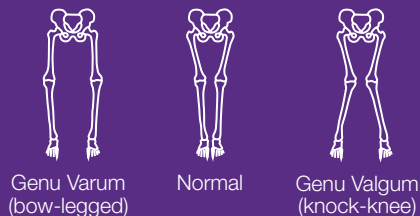
YOUR ANATOMY

Observing a patient's lower limb alignment in both a weight bearing and non-weight bearing position is a fundamental step in the SoleScience GAIT process. Pictured below are some general categories of foot type and lower limb alignment.

FOOT TYPES



LOWER LIMB ALIGNMENT



*Note: Even though you may fall under one of these categories it does not necessarily mean you require any treatment.

THE SOLESCIENCE VIEW ON WHEN ORTHOTICS ARE TRULY NEEDED

1. THE WAY YOU ARE PUT TOGETHER IS CAUSING YOUR PAIN

Your biomechanics/foot structure is the cause of your pain or discomfort. These individuals experience discomfort due to problematic alignment in their lower limbs or feet.

Such is the case with:

- Various types of arthritis (osteo/rheumatoid)
- Tibialis posterior tendon dysfunction
- Morton's neuroma
- Various movement disorders

2. YOUR BIOMECHANICS ARE KEEPING YOU FROM HEALING PROPERLY

Your mechanics, foot structure or alignment may be contributing to delayed healing from an injury. For these individuals, we would utilize an orthotic as a treatment option to help aid in relieving the continuous stress affecting the injured tissue.

Such is the case with:

- Plantar fasciitis
- Achilles tendonitis
- Tibialis posterior tendonitis

GAIT BY SOLESCIENCE, WHAT'S INVOLVED?

Gait Analysis & individual Testing (GAiT) is done with **EVERY** patient. This includes:

- Detailed patient history

- Range of motion testing



- Hands-on and in-depth physical lower limb assessment



- Arch analysis, which one are you?



- Strength and flexibility testing with lower limb exercise recommendations

- Plantar pressure point analysis



- 2D biomechanical analysis

- 3D casting technique in order to properly obtain the desired foot position. All custom made orthotics are manufactured at our lab in London to allow for fast turn around

- Patient education, follow up and prevention strategies

- Functional lower limb muscle testing

- Personalized footwear options based on lower limb mechanics, foot type, activity needs and pathology

- * Advanced 3D gait assessment requiring motion capture is available for advanced or prolonged running related injuries