

Orthotics

Custom Orthotics for Structural Stability

Dear Dr. Darryl,

Just wanted to drop a line and tell you how well I've been feeling since wearing the orthotics you fitted me with. I have one pair in my work shoes, and another in my lightweight hiking shoes. They immediately made my feet feel better, and in a few days, my knees felt stabilized and the chronic pain went away. I can be on my feet all day and not be aching at night. I feel steadier. It was also great that you could make them right away in your office so I would'nt have to wait for a couple of weeks to get them.

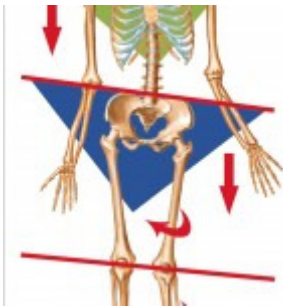
Thanks again,

Buzz Darcy

Orthotics are an important tool in structural health. Dr. Hobson is now making custom orthotics in the office in a single appointment. He can test them on you and make adjustments to them while you wait to make them perfect for you.

Please visit [here](#) for more information and current price.

Who can benefit from orthotics?



Because perfect feet are very rare, almost anyone can benefit from orthotics. They can prevent and alleviate many of the common structural complications that cause discomfort in otherwise healthy people. The feet are like the foundation of a building. If the foundation is out of alignment nothing else works quite right.

You may be a candidate for orthotics if:

- One side of the sole of your shoe wears out faster than the other
- You frequently twist or sprain your ankle
- You have chronic heel, knee or lower back pain
- Your shins hurt
- Your toes are not straight
- Your feet point inward or excessively outward when you walk
- You don't hold a spinal adjustment well
- You have shoulder pain

- You have neck, jaw, or spinal pain
- Your feet hurt in general
- Or you have an injury that won't heal.

If a structural problem is present, the foot can collapse under the body's weight. Runners in particular exert much greater forces on their feet than those generated by simple walking. Orthotics can relieve the tendency toward injuries such as sprained ankles, shin splints and even fractures.

Over time, stresses on the feet can deform them. One of the foot's main functions is to absorb shock as the body's weight shifts with each step. It does this through a complex process in which the arch of the foot flattens slightly. This absorbs and distributes the weight throughout the entire foot. Misalignments in this system can be corrected by the use of orthotics, creating balance and ease with every step.

For more information or to set an appointment please call the office at 303-652-6475 or email Postmaster@IntegratedHealthCareClinic.com.

*Many years ago I became a patient of Dr. Hobson's for chiropractic work on my back. Some time after that I began to suffer from increasing ankle and foot pain, and mentioned this during one of my appointments with him. He examined my ankles and feet, and said that I appeared to have pronated ankles, which was most likely causing this pain. He said that he could make some orthotics for me that should alleviate the pain I was suffering. He took molds of my feet and made up a pair of custom orthotics for me. Upon using these orthotics the pain I had been suffering from was completely eliminated. I was astonished that something seemingly so simple could make such a profound difference in the quality of my life. This also proved to me that Dr. Hobson possessed true insight into the physiology of the human body, and demonstrated his dedication to this field of interest, and to the care of his patients. Sincerely,
John Brumder
Boulder, CO*