

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

# Powers & Jans Centre

The Experts on Chiropractic Care:®



Dr. Rick Powers

Dr. Wallace Jans

Dr. Crystal Schmalz

Dr. April Ruzycy

Dr. Yoon Han



The Big White House on 6th St. just off Kingsway

737 - 6th Street SE

Ph: (403) 529-9069

Check our blog  
[www.powers-jans.blogspot.com](http://www.powers-jans.blogspot.com)

For the latest news and  
events at our office

find us on  
**facebook**

[www.facebook.com/PowersAndJans](http://www.facebook.com/PowersAndJans)



Ask The  
**Experts**

on Chiropractic Care

**Dr. April Ruzycy**

Orthotic Types

There are so many names that orthotics are referred to as...pelvic spinal stabilizers, arch supports, shoe inserts and insoles. So questions arise...are these all the same or different? Do they all have the same function? Why the cost difference?

Orthotics can be divided into two major categories: generic and custom-made.

A standard generic off-the-shelf orthotic is most often considered an arch support, shoe insert or insole. These can be bought at most drug stores – examples include: Superfeet and Dr. Scholl's®. The prices are usually quite inexpensive due to the material they are created from and the fact that they are just one fit or mold. These types of inserts consist of only 1-arch and are essentially designed generically - meaning there is no differentiating inserts for the various foot conditions. Saying this though, some patients have reported that these insoles are comfortable and seem to make a difference in the amount of foot pain they experience.

A custom-made orthotic is a shoe insert that is made exclusively for your foot – it supports your foot in the areas that it needs. Custom-made orthotics

are typically more expensive due to the fact that they are made specifically for your individual foot condition and because of the type of materials they are created from.

Custom orthotics can be divided again into two major categories: flexible/soft and rigid/hard. Both types of orthotics can be beneficial depending on your situation, activity level, problem area or foot condition.

In our clinic we utilize Foot Levelers orthotics, which are flexible orthotics with proven effectiveness and state-of-the-art design; we are quite happy with the product, comfort levels and patient satisfaction. Foot Levelers orthotics are created to support your foot while allowing it to have biomechanical movement (permitting the bones of the foot and ankle move through a gait cycle as you walk).

Foot Levelers stabilizing orthotics not only provide support for the feet, but result in better spine and pelvis stabilization and alignment. If you think of your feet as the foundation of your house you can easily understand how unbalanced feet, like an uneven foundation of a house, can cause problems above.

If you have questions or want to find out if orthotics might be beneficial for you, give the clinic a call. We can schedule you for a complimentary foot scan using a digital foot scanner. The scan will display the areas where your feet are applying pressure, revealing the amount your foot is pronating and the resulting stability of your foot.

## PUT YOUR LIFE IN BALANCE



with Stabilizing Orthotics

**MARCH SPECIAL:**  
Buy 1 pair of Custom  
Orthotics Receive a  
2nd pair at

# 50% OFF

[www.powers-jans.com](http://www.powers-jans.com)