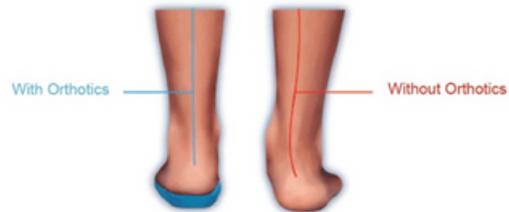


Orthotics...What is that about?

Orthotics and/or supportive footwear when needed, can change the way your body moves, how it absorbs impact with standing, walking, and running, and prevent deterioration of joints. Do you have ankle pain? Foot, knee, hip, or back pain? How are your feet aligned? What does that mean? Basically, if your feet are not supported correctly as you touch the ground, your foot and ankle as well as every joint above could be affected. Example, what does your home's attic look like if the foundation is built at a 30-degree angle?



From Custome Orthotics PT Arlington VA (vasportsmedicine.com).

Why does this matter if I don't have any pain? Muscles do not work as well with bad alignment of the joints and over time, the joint actually changes shape and becomes a chronic and irreversible problem. It really is true... the ankle bone is connected to the knee bone, the knee bone is connected to the hip bone and so forth.

[Hemophilia, ankle pain, and orthotic management | Lower Extremity Review Magazine \(lermagazine.com\)](http://lermagazine.com)

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.