

## FOOT PAIN KEEPING YOU OFF YOUR FEET?

- *Do you dread stepping down in the morning?*
- *Do your feet ache at the end of the day?*
- *Do you need to sit down to relieve foot pain throughout the day?*



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If you dread that *first step out of bed* in the morning or your heels ache by the end of the day, you're not alone.

Foot pain is one of the most common reasons people start to limit their activity — but it doesn't have to be that way.

Pain in your feet can sometimes be more than just fatigue. It may signal an underlying issue like **plantar fasciitis**, **Achilles tendinitis**, or even a **stress fracture**. If left untreated, these conditions can worsen, leading to chronic pain and long-term joint strain.

When you alter your gait to “avoid the pain,” your body compensates — often putting extra pressure on your **knees, hips, or lower back**. Over time, this can lead to new aches and imbalances that make everyday movement harder.

***Dr. Ramos is an expert in biomechanics and gait analysis, and will help you move forward, pain-free, and confidently.***

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## ORTHOTICS: CORRECT THE CAUSE, NOT JUST THE PAIN

Custom orthotics are one of the most powerful tools we use to get patients *back on their feet*.

Unlike store-bought insoles, **custom orthotics** are tailored to your unique foot structure and gait — meaning they don't just cushion the pain; they correct the *root*

cause.

They can:

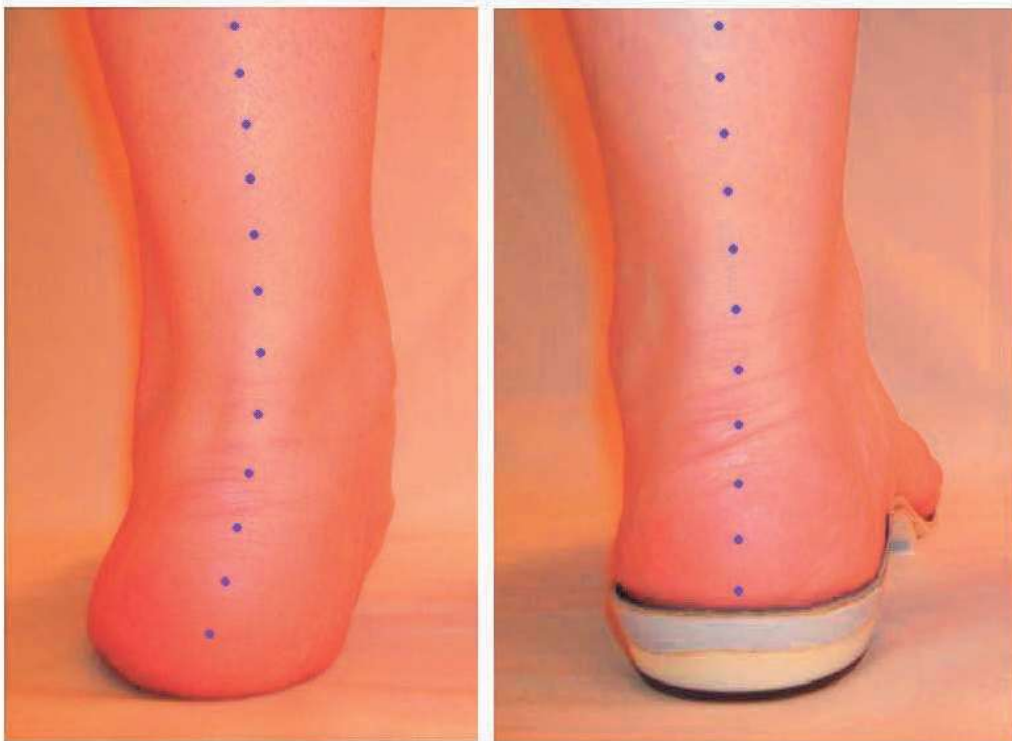
- Rebalance the way you walk and stand
- Relieve pressure on heels, arches, and toes
- Prevent worsening of bunions and hammertoes
- Support long-term healing for plantar fasciitis and Achilles tendonitis

Think of orthotics as **your foundation for better movement** — when your feet are stable, your entire body follows.

Patients often tell us that after just a few weeks, they notice less strain not only in their feet, but also in their **knees, hips, and lower back**.

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## Before & After Orthotics: Improved Heel Alignment



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## READY TO STEP FORWARD?

If you've been putting off addressing your foot pain, this is your sign to take that first step.