

*Give your
shoes the
finger.*



*We're all about
keeping your feet
on your legs.*


orthotics

Did you know that ill fitting shoes can lead to major foot issues?

So, does your shoe fit?



Measure for length.

With your toes at the front, can you insert a finger at the back of your shoe?

Check width at widest part.

Ensure you can almost move your foot side to side.



Test toe space.

From standing, can you lift your big toe?

The pinch test.

How much sole has your shoe got?



Point of sale test.

Check for excess glue, lining failures, or any potential pressure points before buying.

Prevention is a positive cure.

G2 orthotics

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