

***If you think you
have problems
with your feet,
you probably
have.***



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

GO
orthotics

The best place for your feet is on your legs.

So look after them.



Clean your feet.

Wash, dry, and moisturise every single day.

Check your feet.

Are there any bumps, bruises, or blisters?



Look for changes.

Nails with sharp edges or infection can lead to serious issues.

Wear shoes that fit properly.

Check for length, width, and toe space.



Do up your shoes.

Whether you have laces or velcro, do them up properly for full support.

Prevention is a positive cure.

G2 orthotics

Contact us to learn more.

Office: 06 280 2755

Mobile: 021 924 575

Email: enquiries@g20.co.nz

Website: www.g20.co.nz

Address: 115 Napier Road,
Palmerston North