

***Mother
knows
best.***



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

GO
orthotics

Did you know that dirty feet can lead to serious infection?

Look after them, and they'll take you anywhere.



Clean your feet.

Wash, dry, and moisturise every single day.

Check your feet.

Are there any bumps, bruises, blisters or sharp nails?



Wear socks.

Nobody likes smelly feet, keep the dirt out and the sweat to a minimum.

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.

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