

*Where  
did you  
get your  
shoes  
from?*



Borrowed? Bought? Bargain?

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

  
orthotics

# Value doesn't matter, correct measurement does.

*So, are your shoes fit for purpose?*



## Measure for length.

Don't rely on shoe size, always fit the biggest foot correctly.

## 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?



## The wear test.

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

**Prevention is a positive cure.**

**G2 orthotics**

**Contact us to learn more.**

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