

# Orthotics

# Orthotics

*Invest in comfort from the bottom up!*

**Try out Promotion**  
The **1<sup>st</sup>** pair of orthotics gets  
**10% OFF**



Our office offers a variety of services including **Custom-fitted orthotics and shoes**, Chiropractic, Massage Therapy and Shiatsu.

**Mobile** - Orthotic Fitting Services Available in Vancouver. – ***We'll come to you!*** (Minimum 3 fittings)  
**\*\*\*Most Extended Health Care Plans will cover part or all of the fees\*\*\***

**Corporate Custom Orthotics** – Dr. Kevin Shimizu comes to your office and offers orthotic and postural screenings.

**\*\*Money back guarantee\*\* Try the orthotics for 4 weeks and if you don't like it, bring it back!**

Orthotics provide stability for all walks of life. From children to seniors, weekend warriors to professional athletes, warehouse workers to restaurant chefs, office staff to CEO's, orthotics will help support you when you stand, walk or run. Wouldn't it be fun to play with your child, take a stroll around the sea wall or work without worrying about 'the pain'? Custom-made orthotics can help alleviate pain in your feet, knees, hips, and back so you can enjoy your life.

### **Mission statement:**

Helping people enjoy a pain-free, productive life by educating foot health to as many people as possible in a professional stress-free environment.



**Dr. Shimizu Chiropractic**

TEL: 604-731-3319

1061 Hamilton St. Vancouver, BC V6B 5T4

# Foot Facts

## 1. 25% of the Bones in the Body are in your FEET

Your feet are a complex system of 52 bones, 66 joints, 214 ligaments, 38 muscles and tendons.

## 2. The average person takes 8,000 to 10,000 steps per day

Your feet have an important job; they carry you throughout the day, with every step making an impact on your body. If your foot functions improperly, you will affect joints higher up in the kinetic chain (your ankle, knee, hip and spine)

## 3. The right running shoe for you...

If you are active, it is important to select the right athletic shoe for your sport and for your foot type. With so many choices on the market, you should consult an expert for the best brand and model for your particular foot.

## 4. 60-70% of people with diabetes have mild to severe forms of Nerve Damage, often impairing the sensation of the FEET

Foot disease is one of the complications of diabetes. Severe nerve damage in the feet can lead to ulceration and often lower extremity amputations.

## 5. Many Foot conditions are caused by Bad Fitting Shoes

Most individuals aggravate foot ailments by buying shoes that do not fit their feet. Properly



## DR. K. SHIMIZU, D.C. CCEP, ART, CKTP



- School: UBC, Sophia Univ. (Tokyo, Japan)  
Palmer College of Chiropractic West (San Jose)
- Certification:  
B.C. licensed Doctor of Chiropractic  
United States Part IV Board certified
- Member:  
Canadian Chiropractic Association  
B.C. Chiropractic Association  
Kinesio Taping Association

Back, neck, elbow, wrist and shoulder pain and stiffness, foot, knee, ankle pain and stiffness, headaches and migraines, muscular aches and pains, sciatica and disc injuries, sports and athletic injuries, repetitive stress injuries etc.



## Dr. Shimizu Chiropractic

TEL: 604-731-3319

1061 Hamilton St. Vancouver, BC V6B 5T4



[www.chiro-shimizu.com](http://www.chiro-shimizu.com)



**CHIROPRACTIC  
MASSAGE & SHIATSU  
ORTHOTICS**

## DR. KEVIN SHIMIZU CHIROPRACTIC



Mainland Clinic  
1061 Hamilton Street  
Vancouver, B.C. V6B 5T4  
Phone: 604-731-3319

