

Custom Foot Orthotics

Manufactured from a cast of your foot, you won't believe how good these feel. Covered by many insurance plans, these are the gold standard treatment for plantar fasciitis, metatarsal pain, shin splints, bunions and more. Don't be fooled by retail stores offering cheap "custom fit insoles," these are both **custom fit** and **custom made**, are medical grade, and are manufactured following our prescription for your unique situation by Solo Laboratories, the premier foot orthotics lab in America. Pricing varies, call us for details.



Orthosport Custom Sandals

These high quality sandals are the only sandal manufactured specifically to accept custom foot orthotics. They will accept your current orthotic or we can make a custom footbed for you (extra cost involved). Don't be forced to make a choice between proper fit and sandals again. Outdoor, golf, and flip flop models available. \$59.99-\$129.99 depending on style.

Superfeet Insoles

These are medical grade devices not available through retail stores. They are an affordable solution for someone wanting superior arch support and comfort for their feet. Sports, dress, and high heel versions available. \$24.95-\$39.95



Magneciser

Want to exercise in your home but don't want the bulk of an exercise bike or treadmill? Trapped in front of the computer or watching TV? The Magneciser is for you! With variable resistance, you can exercise your arms or legs easily without taking up much space. Use it at home while reading, watching television, or even in the office while sitting at your desk. Just put it in the closet when you are done. Our older patients love these. \$229.00



Donovan Exercise Balls

These are high quality burst-resistant exercise balls, which means they are more durable and will deflate rather than popping if overloaded. Excellent for abdominal, back, and leg strengthening, the use of an exercise ball recruits the deeper core muscles 2-3 times more than doing the same exercise on a stable surface alone. Comes with air pump and exercise wall chart. \$26.95



Get the abs you always wanted!



Bodyblade

Developed by a physical therapist, the Bodyblade is an amazingly versatile piece of exercise equipment. Great for the back, hips, abs, and shoulders, we use the Bodyblade in our office and our patients give us outstanding feedback on its contribution to their recovery. It is lightweight, takes up little space, and gives a quick workout. You may call us and order with a credit card, or better yet, go to Bodyblade.com and enter our clinic code (PACBOD0508130) at checkout to receive a free carrying case. \$49.95-\$199.95 depending on model, comes with a DVD.

Ergo Pro Software

Does your computer give you a pain in the neck? Try this neat program to decrease the strain on your neck, back, and wrists. Once you load it on your computer, reminders pop up and lead you through exercises that help prevent pain and injury. Bulk discounts available for businesses wanting to decrease workman's compensation costs. \$14.95



Strassburg Sock for Plantar Fasciitis

This easy to use and comfortable device is designed to keep tension on the plantar fascia so it heals in a stretched position at night. Our patients have found this simple and inexpensive device to be a successful adjunct to their recovery from plantar fasciitis, when combined with custom foot orthotics and physical therapy. \$39.95

We also carry TENS units, home cervical and lumbar traction units, shoulder pulley exercisers, ankle, knee and elbow braces, and more. For information on anything you see here, or to order, call us at: