



# Dr. Kevin Shimizu Chiropractic

*Live well, Move well, Feel well*

## **Orthotic Need Self Assessment**

Name: \_\_\_\_\_

Do you experience any of the following symptoms?

- 1. Sore feet including sore arches, toes, heels or general pain and numbness
- 2. Heel pain
- 3. Bunions
- 4. Shin splints (pain running down the inside or outside of your lower leg)
- 5. Knee pain when walking or running
- 6. Hip or low back pain
- 7. Piriformis pain (pain located in lower buttock area) after low to moderate activity such as standing or walking for prolonged periods of time
- 8. Do you enjoy walking, jogging or running for more than a couple hours a week?
- 9. Ilio-Tibial Band (ITB) syndrome (tightness and pain running down the side of your leg from the knee to the hip)
- 10. Do you have diabetes?
- 11. Do you suffer from arthritis in any of your lower extremities?
- 12. Are you overweight?

If you were able to check off more than 4 of the above-mentioned symptoms, you may qualify for a pair of custom made foot orthotics. Many of our problems stem from the major foundation of our body: our feet. By being proactive today and trying to correct the improper biomechanics in our feet today, we can prevent further complications in the rest of our bodies. Custom orthotics can also help compensate some of the above-mentioned problems with our body.

*Ask Dr. Shimizu if custom made orthotics can help you today.*