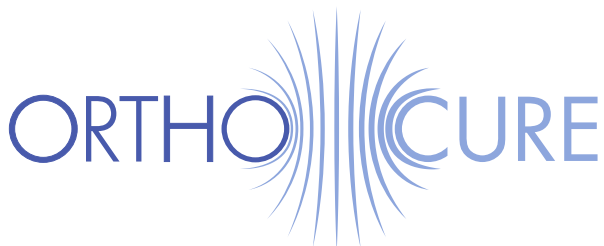


# Orthocure

## Advanced Foot Treatment

Orthocure offers Customized Foot Insoles by FootBalance, Finland for the First Time in Gurgaon



India's 1<sup>st</sup> Chain of Speciality Clinics for Orthopaedic Problems

## Importance of correct foot alignment

- Your feet are the foundation for your entire body. When this foundation is misaligned the effects can be felt throughout the body (muscle and joint pain). By simply supporting the feet properly overall body alignment can be improved, alleviating pain and helping the body heal itself.
- To stay healthy your foot muscles need to stay active and engaged. Orthotics and arch supports are often far too hard and rigid, and fail to flex in response to movement. This impairs natural foot function, which over time can cause foot muscles to grow passive, decreasing muscle strength and arch flexibility. So, to solve this problem we need insoles which are dynamic - they support your feet properly to prevent overpronation or supination while flexing appropriately to return energy. Dynamic energy return facilitates utilization of joints, muscles, tendons, ligaments and proprioceptors. This helps keep feet and arches active, healthy and toned.
- Over 75% of the population suffers from overpronation or excessive supination, yet most of us are unaware of our own foot type and how it affects the rest of our body.



## Orthocure offers 100% customized insoles from FootBalance – FINLAND

- It allows us to assess your foot and correct the misalignments in an effective, controlled and medically supervised way resulting in reduction and prevention of pain & improvement in lifestyle
- At Orthocure clinic, medical professionals conduct an in-depth analysis of the lower limbs to test the foot, ankle, knee and hip. It provides the practitioner with the necessary information to mold and shape 100% custom pair of insoles for the patient. The entire process takes only ten minutes, which is not a lot of time to spend on the welfare of your feet!
- It helps prevent common foot problems like:
  - Plantar fasciitis and inflammation,
  - Metatarsal pain,
  - Problems with the Achilles tendon,
  - Pain on the inside of the knee,
  - Bursitis in the hip
  - Ankle sprains,
  - Knee problems or ligament damage,
  - Stress fractures, shin splints,
  - Back pain.



## Why is custom important?

- Simply put : **custom offers the best support you can get.** Your feet are unique, off-the-shelf insoles are not. They are designed to a standard mold, making it difficult to account for the wide variety of feet in the world. Prefabricated insoles assume an identical left and right foot, something most of us do not have.
- **FootBalance custom insoles fit both of your feet perfectly for ultimate comfort and support.** Individually custom molded to each of your feet, they conform to the curve of your arches perfectly no matter your arch type. Any differences between your feet in length, arch shape or foot type don't matter. If you need extra support under the ball of the foot - it can be added just for you.



## Proper Fit for Better Health

- Studies have shown that orthotics help address the foot misalignment issues behind many injuries. Many people don't realize these benefits only come if the insoles properly fit. Poorly fitting insoles can place your feet in unhealthy positions, impairing foot function and mobility and negatively affecting overall body alignment. They are uncomfortable and can cause pain and bruising to the arches. Custom molding is the only way to guarantee a perfect fit.
- FootBalance insoles dynamically support your feet without unhealthy excess rigidity. To ensure a perfect fit to your lifestyle Footbalance offers a range of insole models so that the width of the insole and its amount of stiffness and cushioning can be tailored to your needs.



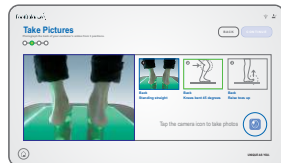
## The Orthocure FootBalance Machine

- Foot Alignment from FootBalance, Finland .
- For the first time in Gurgaon.
- Customized insoles according to your need.
- Instant Delivery with in 10 Minutes.
- Affordable Prices.



## Orthocure FootBalance Treatment Protocol

- Your arches are analyzed with the use of a podoscope.
- Pictures are taken of your ankles to analyze your alignment with the help of a computer.
- You stand on heated, unmolded insoles that have been positioned on the molding pillows.
- The Footbalance expert expertly molds each of the heated insoles to fit your feet perfectly while maintaining correct alignment.
- Once the insoles have been individually molded, the Footbalance expert ensures that the insoles confirm to the natural arch of each foot.
- Your new 100% customized Footbalance insoles are ready for use. The entire process takes only ten minutes, which is not a lot of time to spend on the welfare of your feet!



**For your convenience we recommend that you have several pairs of insoles made at the same time as your analysis. That way you can get different pairs for different types of footwear and uses, for example a pair for sports and a pair for dress shoes.**

**Your customized Footbalance insoles will begin caring for your feet as soon as you begin to use them in your footwear regularly.**

### OUR CENTRES IN GURGAON:

#### DLF Phase V

SPO 214, Office Block,  
2<sup>nd</sup> Floor, South Point  
Mall, DLF-5,  
Golf Course Road,  
Gurgaon

#### SECTOR 40

House No : 423,  
Ground Floor, Near  
Huda Market,  
Sector 40, Gurgaon

#### NIRVANA COUNTRY

C-410, 4<sup>th</sup> Floor,  
Nirvana Courtyard,  
Nirvana Country,  
Sector 50, Gurgaon

#### Sector 14 (Gurgaon)

C/O Miracles Mediclinic,  
SCO-1, 2 & 3, Sector-14,  
Gurgaon

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