

Now I walk pain free and with renewed energy !!

Having experienced lower back pain and discomfort in one hip for a long time I would never have assumed this would be remedied after a consultation with a podiatrist.

Because my new administration role at work I needed to do a lot more walking between office buildings. I started experiencing searing, debilitating pain in my left foot while walking and resting.

I visited our local podiatrist clinic, Foot Mechanics, for a consultation. I was assessed and within ten days I received my orthotics. I couldn't believe the difference they made to my very first walk around the Mount. I felt energized and could actually 'power-up' the steeper inclines without any dragging, lower back pain.

This happened just prior to New Year 2008 and I've had to be "broken in" gradually, I am delighted to say that I only experience occasional minor discomfort now after I've been wearing jandals. (thongs) which have no foot support.

I elected to visit a podiatrist as I would a dentist or eye specialist because this is a specialized profession.....

Frances F 17.01.2008