

Custom Orthotics Practitioners

Melanie Tuck

BPE, CSCS, CAT(C), MA,
ART® Practitioner



- Clinic owner (Inc. 2003)
- 22yrs experience in hockey, rugby, football & college sport primarily
- Clinical Therapist for 16yrs (since 1997)
- Head Therapist with the Calgary Hitmen in the WHL (1995-1996)
- BPE, U of A (1993)
- Master's Degree (Athletic Therapy & Exercise Physiology) U of A (2004)
- Certified Strength & Conditioning Specialist (CSCS) NSCA (2003)
- Manual therapist with spinal & peripheral joint mobilization skills
- Osteopathic Muscle Energy Techniques for the Cervical, Thoracic, Lumbar spine & Pelvis
- Certified full body ART® Provider (since 2004)
- Trained in Advanced Running Biomechanics & Gait Analysis, U of C Running Injury Clinic (2008 & 2011)
- Head clinical therapist for RDC Athletics 8yrs (1997-2004)
- Kinesiology instructor @ RDC 15yrs (1996-2010)
- Developed the "Strong Back Program" for the City of Red Deer Emergency Services (2009)
- Custom Orthotics

Rob Manca

BPE, CAT(C)
ART® Practitioner



- 24yrs field experience mostly in hockey, 6 years in the WHL, 3 of which with the Medicine Hat Tigers
- BPE, U of A (1994)
- Certified ART® Practitioner Full Body (since 2009)
- Osteopathic Muscle Energy Techniques for the Cervical, Thoracic, and Lumbar Spine
- Trained in Advanced Running Biomechanics & Gait Analysis, U of C Running Injury Clinic (2011)
- 12yrs Clinical Experience
- Professional sport experience with the Edmonton Eskimos & Edmonton Drillers
- Other sport experience including rugby, volleyball, basketball, fastball, and lacrosse
- Former member of the Pro Rodeo Sports Medicine Team
- Strength in lower back & pelvic dysfunctions
- Custom Orthotics

Price List

Assessment & Scan (~40mins)..... FREE

Orthotics pricing.....\$415

**prices subject to change*

Warranties

We stand behind our product and the warranties that are associated with them:

- 90 day fit guarantee - Orthotics can be brought back to the clinic for free adjustments
- 6 month top cover guarantee. After 6 months a \$80 charge will be applied for repairs
- 1 year manufacturing defects (lamination or failures of any structural material will be replaced or repaired).



INSURANCE COVERAGE

Our method of Orthotic Creation is approved by Health Canada. Because of this approval, most extended health plans will cover our orthotics.
Contact your provider for information!

5121-47 St
Red Deer, AB T4N 1R8

Telephone: 403-314-4458
Fax: 403-314-4227
reddeer@collegiatesportsmedicine.ca
www.collegiatesportsmedicine.ca



"Official Off-Site Supplier of Therapy Services for the Red Deer Rebels"

Custom Orthotics



PHYSIOTHERAPY - ATHLETIC THERAPY - MASSAGE THERAPY
SPORTS PHYSICIAN - SPORTS PSYCHOLOGY - SPORT NUTRITION

*Spending some serious time on
your feet?*



Book your FREE ASSESSMENT!

**For appointments call:
403-314-4458**

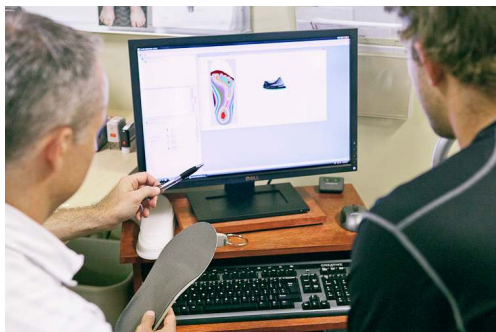
www.collegiatesportsmedicine.ca

Direct Billing Available!

Why Orthotics?

- Improving sport specific footwear: running shoes, hockey skates, golf shoes, ski boots, as well as everyday footwear & work boots
- Reducing or eliminating most foot, knee, hip and back pain
- Diabetic's insoles
- Improving posture, alignment and balance
- Reducing joint stress

Our Custom Orthotics are flexible, not rigid. This dynamic structure is intended to improve comfort, enhance sport performance and optimize body biomechanics



Who will do the Assessment?

Our **FREE** Custom Orthotics Assessments will be performed in house by our Certified Athletic Therapists Melanie Tuck or Rob Manca.

Athletic Therapists specialize in biomechanical evaluations and this enables them to use this skill knowledge in making appropriate recommendation for your foot health.

The Assessment

Our Therapists will conduct a visual observation of your walking biomechanics looking for atypical movement patterns.

Therapists will look at your current footwear to see wear patterns as well as the presence and location of callus patterns on your feet.

*****It is recommended NOT to have a pedicure previous to an assessment to allow for the best assessment of your bare feet*****

You will then have a 3D digital scan of your feet performed using the internationally acclaimed **Amfit 3D Contact Digitizing System**.

Based on this scan, and any individual foot deficiencies or history of foot/ankle/knee problems, customized dimensions will then be adjusted on your 3D image to create more ideal biomechanics for your feet.

Your Custom Orthotics

- Your Orthotics will be created as needed to limit/control excessive foot movements and/or promote optimal movements
- Custom Orthotics will take 4-7 business days to be returned from the manufacturer.
- You will receive a call when they arrive and will be asked to book in for a fitting appointment (approx 15 min)
- Warranty info will be reviewed during your appointment
- All custom orthotics are non-returnable and non-refundable

100% satisfaction guaranteed. Our fabrication lab has over 99% success rate on the first fit!

For Your Appointment...

- Bring the footwear that you intend to wear the orthotics in and an older pair of shoes (if possible) to show wear patterns. Include insoles or current orthotics used as well.
- **Wear tighter clothing or shorts** to allow for ease of assessment, and measuring purposes.



Frequently Asked Questions

How often should I replace my orthotics?

Wear will vary depending on the specific use but as a general guideline, it is recommended that the feet be re-assessed every 2 years. Feet do change over time and the orthotic may need to be adapted to fit these changes accordingly.

Are footbeds the same as orthotics?

No, footbeds are mainly designed to make the feet fit more comfortably in footwear and do not help with control and correction of the foot. Most footbeds are sold in retail stores and do not require a prescription or assessment.

Will my orthotics fit in all my footwear?

No, the fit of the orthotic depends on the type of shoe being worn. Different styles of shoes have differences in heel cup diameter, arch sizes and widths. Similar styles of shoes, like running shoes, can have minor adjustments to fit, but footwear such as skates, ski boots, cleats might need their own pair.

What is the difference between rigid and flexible orthotics?

Flexible orthotics allow the foot to continue to be challenged and strengthened with daily activities which reduces the dependency on the appliance and retains foot integrity.