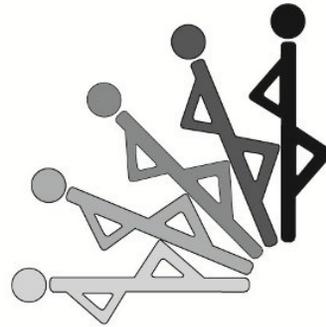


## CUSTOM ORTHOTICS CAN HELP YOU WITH:

Heel pain  
Arch pain  
Shin splints  
Achilles tendon pain  
Flat feet  
Bunions  
Knee pain  
Low back pain

### Additional Benefits:

- Cushions and Supports the Feet
- Improves Postural Stability
- Reduces Foot and Leg Fatigue
- Distributes Weight Evenly
- Improves Balance
- SAME-DAY Service!



## Snyder Physical Therapy

2845 South 70th St.  
Lincoln, NE 68506

Phone: 402-489-1999

Fax: 402-489-4153

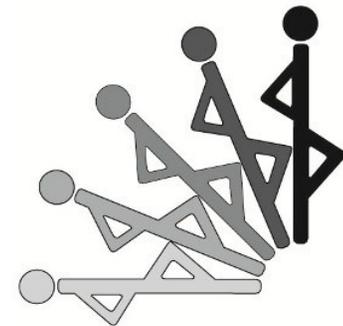
[snyderpt.com](http://snyderpt.com)

[newwestrehab.net](http://newwestrehab.net)

## Custom Foot Orthotics



Snyder  
Physical Therapy



## Custom Foot Orthotics

What part of your body suffers the most physical stress daily? Your feet! Your feet are the foundation of support for your entire body.

A lot of foot pain is the result of faulty alignment and function of the bones, ligaments and muscles of your feet and legs. With each step you take, more than 26 foot and ankle bones and numerous muscles are used which affect your feet, knees, hip, and lower back.

So it is not surprising that many foot, knee, hip, and back pains are a result of poor functioning feet.

### **Who will help make my orthotics?**

**Rob Kobza, PT, OCS, CSCS** who has 15 years of experience in prescribing custom foot orthotics will fabricate your orthotics. Rob will also provide a thorough biomechanical and structural evaluation to determine what kind of orthotic is the most appropriate for you. Rob has lectured nationally to physical therapists on foot and ankle rehabilitation, lower extremity biomechanics, gait analysis, and custom foot orthotics. He has also taught physical therapy students in the University of Nebraska Medical Center Physical Therapy program on how to fabricate custom foot orthotics.

### **What do orthotics do?**

Custom foot orthotics are supportive devices that are worn in your shoes and position your foot in proper alignment. They are prescribed to reduce the frequency of movement-related injuries, to align the skeleton properly, to provide improved cushioning, to improve sensory feedback, and/or to improve comfort.

### **Who can benefit from Custom Foot Orthotics?**

Everyone can benefit from proper foot support. Specifically, if you suffer from foot, shin, knee, hip, or back pain, you may see a significant benefit. Age, weight, and activity can create the need for better foot support. Biomechanical and structural problems may also cause a need for custom made foot orthotics.



### **Get fast relief with **SAME-DAY** service.**

At Snyder Physical Therapy, we custom make your foot orthotics right here in our clinic. In most cases, we offer SAME-DAY service, allowing you to take your orthotics home with you and get you on the road to relief.

### **Our orthotics are affordable and may be covered by insurance.**

Our orthotics are affordable and, with a doctor's referral, may be covered by your insurance plan. Let us help. We will be glad to assist you in contacting your insurance company and coordinating your care with your doctor.

### **How do I get started?**

The staff at Snyder Physical Therapy is here to assist you. Give us a call and we can schedule your evaluation, contact your insurance company, and answer any other questions you may have.

**Call Today!**

**Snyder Physical Therapy**

**402-489-1999**