

[www.MyChiro25.com](http://www.MyChiro25.com)

## **Click 'n Learn**

**Print for Yourself & Friends!**

**(815)467-0656 Minooka**

**(815)584-1100 Dwight**

**Dr. Michael Smith DC, DACRB**

### **Cash or Credit Fee Schedule**

\$25 Exam

\$30 Spinal or Extremity Adjustment

\$35 Acupuncture

\$25 Massage \$10/\$30 Dry Needling

\$175 Custom Foot Orthotics

**Walk-In, No Appointment**

### Chiropractic treatment of: **CUSTOM FOOT ORTHOTICS**

Did you know that custom made foot orthotics can help common foot, ankle, knee, hip, and lower back complaints, including heel spurs, painful bunions, metatarsalgia, knee tendonitis, hip bursitis, as well as pelvic, and lower back pain? The orthotics support and align the feet, alleviating pain by reducing abnormal/excessive stress and strain of the foot, ankle, knee, hip, and back while you stand, walk, and run. Every step generates force and loading on your feet, knees and hip that can be modified in a healthy way with the use of custom foot orthotics.

Athletes young and old place tremendous strain and stress on their feet when running, jumping, etc. Be your best during athletic events with custom made foot supports at Chira25,Ltd.

Want to easily learn more about orthotics? Consider a chiropractic evaluation today at Chiro25,Ltd to determine if you may benefit from a pair of our custom made foot orthotics. We use the same high quality products since 1999.

For **Help** with your **pain** and **activity limitations**, consider **Chiro25** today.

This information is to educate and inform, and is not a substitute for the advice of a licensed health care provider. Seek prompt attention for any specific health issue, or before starting an exercise and/or diet program.

Stop by today or visit our website at [www.MyChiro25.com](http://www.MyChiro25.com) for more practice info.

Michael S. Smith DC, DACRB, CCEP, CSCS

**Affordable, Convenient, & Prompt**