

THE CUSTOM-MADE ORTHOTIC CHECKLIST

Before purchasing any custom-made orthotic ensure that ALL of the following are provided:

- ✓ That your orthotics will be objectively and scientifically measured after you receive them to ensure that they are actually doing what they are supposed to (i.e. TQ1000 laser).
- ✓ If you are a runner that you are tested on the T.O.G. Gaitscan.
- ✓ That you are tested by a doctor who is qualified to ensure that the bones of your feet are properly aligned prior to your fitting and whose expertise can correct this if necessary.
- ✓ That you are fitted by a doctor who can balance your leg lengths before fitting to avoid unnecessary heel lifts and who can explain the difference between a true leg length discrepancy and an apparent leg length discrepancy.
- ✓ That your orthotics utilize the most advanced technology in examination, fitting and construction.
- ✓ That your orthotics are indeed custom-made to the exact individualized requirements of your feet, body weight and daily activities.
- ✓ That your orthotics offer maximum support, comfort and function.
- ✓ Provide free yearly objective check-ups on the TQ1000 laser.
- ✓ Offers a full written guarantee on their fit, function and comfort.

See Dr. John Zielonka for all of the above.

YOUR NEXT STEP TO BETTER HEALTH

Please use this valuable coupon and choose from the following;

✓ * I wish to be fitted for TQ1000 custom orthotics by Dr. Zielonka.

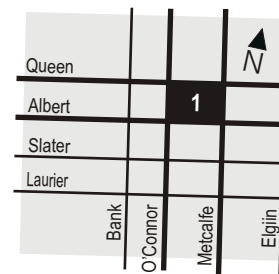
✓ * I wish to be tested on the TOG Gaitscan, the most advanced gait analysis available today for only \$49 (over 50% off the regular price. SAVE \$50.

✓ * Please test me on the TQ1000 Laser to see if my old orthotics are actually working or if I need orthotics. 50% off the regular price. SAVE \$20.

Health & Wellness Canada
TQ 1000 orthotics are available exclusively from Dr. John Zielonka of the Ottawa Chiropractic & Natural Health Centre in the World Exchange Plaza. They are covered by most insurance plans. Please check your individual plan carefully.

TQ 1000 orthotics are one of the very few in Ottawa to come with a written guarantee for fit, function and comfort. www.customorthotics.ca

OCNHC
World Exchange Plaza
111 Albert St., Grd Flr
Ottawa, Ont. K2P 1A5
(613) 688-1036



Ottawa's Premier Centre for Health & Wellness.

www.excellenceinhealth.com

CUSTOM MADE ORTHOTICS ARE WORTH THEIR WEIGHT IN GOLDif they're working properly!

Foot troubles?

Knee pain?

Low back or hip problems?

Athlete or runner?

Flat feet or fallen arches?

Want to avoid joint pain and degeneration?

Looking for better posture and performance?

Wish to stay active?

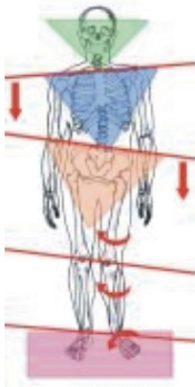
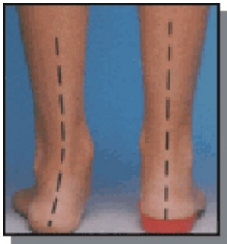
Previous orthotics not working?

TQ1000 From Health and Wellness Canada - The Absolute Best Custom-Made Orthotic Available Today.... And we can prove it!

CUSTOM MADE ORTHOTICS ARE WORTH THEIR WEIGHT IN GOLDif they're working properly!

The average person takes over 10,000 steps a day. Unfortunately, for 70-80% of the population these steps are taken on arches that no longer properly support your body weight. This results in foot, ankle, knee, hip and spinal dysfunction as well as affecting performance and posture often long before you feel the effects.

Health & Wellness Canada utilizes the most advanced technology available in Canada today. The TQ1000 LASER is the ONLY testing system that not only quantifies your need for custom made orthotics but can also determine and ensure the effectiveness of your current orthotics. We also utilize the T.O.G. Gaitscan, the most advanced computerized gait analysis available today. With a pressure plate of 4,096 sensors and a data acquisition scan rate of 125 scans per second it is the ONLY system that is capable of actually testing runners while running.



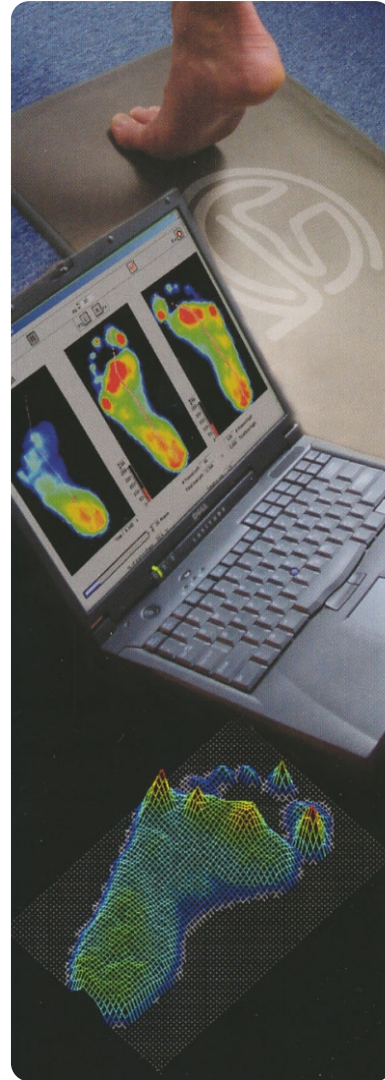
Testimonials
Hear what our clients are saying;

"I'm walking on heaven"
D.R.- Ottawa.

"You've made beds for my feet"
P.K.- Ottawa.

"These orthotics are working wonders"
B.G.-Ottawa

Our TOG Gaitscan



Do you have problems with; feet, knees back, hips, corns, calluses, bunions, plantar fasciitis, weak ankles, fallen arches, flat feet, heel spurs, joint pain, over pronation, running, pain, on walking, stand, all day arthritis, degeneration, posture, staying active, aging, sports?

Bio-mechanically engineered to maximize energy for your feet.

- ***COMFORT**
- ***STABILITY**
- ***STRENGTH**
- ***BALANCE**

Custom-made orthotics are specialized orthopedic devices which correct this dysfunction and improve performance. They are far superior to any store bought or infomercial type. Our technology is simply unmatched in Ottawa as we have fit gold medal Olympic sprinters. Unlike old styles, TQ1000 orthotics fit in your everyday shoes.

Customized to the unique requirements of your feet and activities we have 27 different types of orthotics as well as 26 types of orthopedic shoes and 14 different styles of orthopedic sandals from dress, sport, casual, runner, golfer, skier, kids and more.

PLUS
Our TQ1000 Laser is the ONLY laser in Ottawa that can measure if your orthotics are actually working!