



ARTHRITIS

Artho means *joint*, and **itis** means *inflammation*. There are approximately 38 known causes of arthritis, and many of these conditions affect the human foot. Osteoarthritis, Gout and Rheumatoid Arthritis are the the most common forms. Osteoarthritis is the simple wearing and tearing away of the cartilage of the joints. Age, excessive weight, ill-fitting shoes, trauma (injury) and long term high impact sporting activities can be some of the basic causes of osteoarthritis. Fortunately, this condition is treatable.

In most cases, simple aches and pains of the feet are able to be reduced, in that the structure of the feet can be supported providing comfort and cushioning. The first line of defence for such painful feet is to buy a well-supported shoe with soft soles. For more painful and persistent problems, a custom made orthotic is recommended. In both cases **Complete Feet** can help by supplying a full range of professionally fitted Sports & Comfort footwear, as well as comfortable made to measure Orthotics.

We are providers for the other private health insurers, TAC, Workcare, Veterans Affairs.

For *National Arthritis Week*, we would like to offer Arthritis Sufferers a

1/2 Price Assessment.

We'll give you a "Complete Feet" assessment and the best advice in town.

Call **1300 668 117** now to make your appointment.

