

What is your foot type?

Even if your feet don't hurt, they may be a major factor contributing to your health problems. A foot problem may be the cause of discomfort or pain in your ankles, knees, legs and even lower back



Do you stand or walk on hard surfaces for more than 4 hours daily?

Do you participate regularly in any physical sport?

Have you had a prior injury to your knees, legs, lower back, or ankles?



Do your shoes wear unevenly?

Do you have joint pain while standing, walking, or running?

Is one of your legs shorter than the other?



Do you have knock knees or bow legs?

Do you have obvious foot problems (bunions, corns, flat feet, etc.)?

If you answered "yes" to any of the above, call us or send us an email to book an appointment with our specialist **Dr Ivan Farrugia**