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Advanced  
Footcare  
Clinic



**e-Footnotes**

...a newsletter about kids for the entire family!



## ORTHOTICS 101

**ORTHOTICS 101: How They Can Help Kids and Parents Alike**



specifically for your feet and then placed in your [shoes](#). They are intended to correct [abnormal foot biomechanics](#). They perform functions that make standing, walking, and running more comfortable. [Read More](#)

[ORTHOTICS](#) are custom molded devices which are designed

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**Foot Pain More Common in Overweight Children**



more overweight and obese children with foot and ankle pain in his examining rooms, mirroring a national epidemic of [childhood obesity](#).

[Dr. Vail](#) has indicated he is noticing more and

An estimated sixteen percent of U.S. children ages six to nineteen are overweight. [Read More](#)



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