



Bunion & Hammertoe Relief

Comfortable solutions. Better alignment. Local, clinical-grade support.

I help people across Cedar Hill and the Best Southwest reduce pain, improve alignment, and stay active using footwear solutions, custom orthotics, and targeted pressure relief.

★ Why Bunions & Hammertoes Happen

👣 Foot structure (flat feet, high arches, joint laxity)

👟 Tight or narrow footwear

🔄 Overpronation or unstable gait

 **Arthritis or age-related changes**

 **Long hours on hard surfaces**

Most people improve with conservative, personalized care.

How I Help You Feel Better

 **Reduce pressure on painful joints**

 **Recommend footwear that fits your foot shape and lifestyle**

 **Modify shoes to create space and reduce friction**

 **Improve alignment with custom orthotics**

 **Protect sensitive areas with targeted padding**

Every solution is designed around your feet, shoes, and daily activities.

Why Patients Choose This Care

 **Full biomechanical & gait assessment**

 **Custom orthotics designed for bunion/hammertoe mechanics**

 **Personalized footwear guidance**

 **Shoe modifications for real-world comfort**

This is functional, non-surgical care focused on long-term mobility.

Michael L. Ashley Certified Pedorthist

Call/ Text 214-702-8812

www.foot-fitexpert.com