FOOT HEALTH FOR TEACHERS & EDUCATORS

A practical guide to staying comfortable, supported and ready for a full school day on your feet.

YOUR SCHOOL DAY IS PHYSICAL.

Standing at the board. Walking the classroom. Moving between rooms. Supervising students. Recess, arrival, dismissal, assemblies and more.

Your footwear and foot support need to keep up with the demands of the job.

Common Foot & Footwear Challenges for Educators

- Foot, heel or arch discomfort after long periods of standing or walking
- Shoes that feel fine in the morning but become uncomfortable by the end of the day
- Hard classroom, hallway or gym floors that increase the demands on your feet
- Limited room in shoes for supportive orthotics or inserts
- Needing a professional-looking shoe that can still provide stability and everyday comfort

What a Pedorthic Approach Can Address

A Board-Certified Pedorthist looks at the relationship between your feet, footwear, orthotic support and the activities you perform every day. The goal is not simply to sell you a shoe or insert, it is to help identify a practical footwear and support solution that fits your needs.

- **Foot & footwear assessment:** Review your foot concerns, work demands and current footwear.
- **Professional fitting:** Evaluate size, shape, volume, support and compatibility with orthotics.
- **Orthotic options:** Determine whether a medical-grade prefab or custom orthotic may be appropriate.
- **Workday-focused footwear:** Look for supportive, comfortable options suited to prolonged standing and walking.

- **Compression support:** Discuss compression options when appropriate for your needs.

A Better-Fitting Workday Starts With the Right Combination

FOOTWEAR
Supportive footwear selected around your daily school demands.

ORTHOTIC SUPPORT
Prefab or custom support based on your individual needs.

PROFESSIONAL FIT
Hands on guidance to help the shoe and support work together.

Teacher & Educator Comfort Solutions

Start with a professional evaluation.

Depending on your needs, your solution may include supportive work footwear, medical grade prefab orthotics, custom orthotics, compression or a combination of services and products.

READY FOR A BETTER SCHOOL DAY?

Let's evaluate your footwear, foot support, and daily demands to help you find a solution that works for your school day.

FOOT-FIT EXPERT
Michael L. Ashley, C. Ped. • Board-Certified Pedorthist • Orthotics & Mobility Specialist

Professional footwear fittings • Orthotics • Compression • Mobility solutions

DFW / Southwest Dallas • www.foot-fitexpert.com • Info@foot-fitexpert.com