

**COMFORT FROM THE FEET UP**

**OVIDIO MEDICAL GRADE (ORTHOPAEDIC) FOOTWEAR & ORTHOSES**

**MAKERS OF OVIDIO FOOTWEAR**  
**MAKERS OF OVIDIO ORTHOSES**

Correcting the Foundation posture Pain is relieved and Comfort begins.

**We Treat-God Heals.**

Medical Grade Footwear and Orthoses will treat what nothing else can.

The Quality of Footwear you wear today may decide the kind of health you have tomorrow.

Our practical treatment is safe, effective and low cost. In most cases it will give instant relief.

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*Your feet are an amazing framework of bones, ligaments, muscles and tendons.*

*They are designed to efficiently bear the weight of your body and enable proper mobility. On average a person can take up to 18,000 steps per day. A Seventy year-old person will have walked in their lifetime, an average distance equivalent to walking around the world three times.*

*The foot must endure the strains of our daily activities. Modern lifestyles are placing further strains with hard surfaces, poor exercise, increased work stress and poorly designed footwear.*

*These factors together with wear and tear which comes with age, injuries and disease are the hidden causes of many foot and other health problems.*

**THE WHOLE BODY IS AFFECTED**

Foot disorders can affect the body in a variety of ways. If the foot is not functioning correctly the alignment and function of the legs, knees, hips, spine and shoulders can be degraded, causing pain and loss of mobility. Nervous strain, fatigue, irritability, backaches and even headaches can be related to foot and posture problems. Excessive impact and shock on the feet can lead to the damage of joints, bones and tendons over time.

**PROPER CARE IS VITAL**

Your feet must last a lifetime and therefore proper care and treatment is vital. For some people correct foot care can mean the difference between being able to walk and not being able to walk at all. If ailments are neglected they may become worse. Treatment which is more invasive and expensive may then be required which, in turn, may aggravate the condition. The good news is that there is help available for a wide range of minor or severe foot problems. Correct diagnosis and treatment will enable you to maintain your mobility and lifestyle. It is never too early or late to pay attention to your feet and your health.

**HEALTH COMES FIRST**

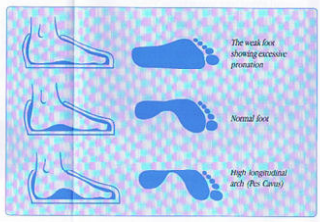
Feet bear the full weight of the body and therefore are the foundation of the body. Treatment for foot-related conditions will not be fully effective if this foundation is incorrect, therefore proper footwear is the primary key to foot health.

**A MISSING LINK**

Although much research has been focused on chronic pain in the upper body the feet are seldom considered as the source of the problem.

This is a good reason why conventional high cost treatment seldom offers relief to chronic pain sufferers.

**Are you sick and tired of being sore and tired?**  
Our foot and shoe clinic specialises in the relief of chronic pain **from the feet up.**



**UNDERSTANDING FOOT PROBLEMS**

In an ideal natural environment the surface on which we walk would conform to our feet, providing support and absorbing impact and shock. However, modern surfaces and footwear seldom give the



necessary support and protection. The foot has a tripod formation of weight bearing points and arches which provide balance and mobility. If the structure of the foot is disturbed or inhibited however, chronic pain and general health problems will often occur.

Common ailments related to poor foot support include fallen arches, high arches, weak ankles, bunions, curved toes, corns, skin complaints, back pain, pain under the heels, arches and in toe joints.

Other health conditions which benefit from foot care include diabetes, arthritis, leg-length differences, deformities, poor circulation, work or sport injuries and nervous system conditions such as spasticity and cerebral palsy.

**WE CARE FOR YOUR FEET**

When you first wear your pair of Ovidio Medical Grade Footwear or Orthoses, our service to you has only just begun. Ovidio products are designed to be adjustable and repairable. Your feet receive an impression of the pressure exerted on the removable inner-soles. This, together with your comments, allows us to adjust shoes and orthoses to further relieve chronic pain.



**OVIDIO MEDICAL GRADE (ORTHOPAEDIC) FOOTWEAR AND ORTHOSES**

**Involves:**  
Orthopaedic, surgical, pedorthic and complete shoe and boot made services for the improvement of health, particularly in the relief of chronic pain **from the feet up.** Conditions that benefit from our professional service include deformities, conditions resulting from accidents or sickness, heredity and unsupported and unbalanced footwear.

**REPAIR AND ALTERATION SERVICE**

Ovidio shoes are fully repairable. We want you to gain the maximum benefit from your footwear and so we recommend you use our professional repair service. Orthopaedic alterations to existing footwear are also our speciality. For your convenience, shoe and foot care services, orthotic appliances, general footwear and repairs are available.

**FINANCIAL ASSISTANCE**

The major medical benefit funds throughout Australia provide cover toward our professional services. We are a recognised supplier for major public hospitals, Veterans' Affairs, MAB, insurance companies and various businesses.



**Ovidio Orthoses (Full-length arch supports)**



Prefabricated in Tasmania.

**Ovidio Orthoses (Full-length arch supports)**

Non-woven insoles with moulded arch pieces are shaped to fit the foot and footwear. They may be adjusted to individual needs and will provide relief from chronic pain. These Foot Orthoses are prefabricated and may be professionally fitted by appointment with a qualified Orthoses fitter or practitioner. An assessment fee applies. Orthoses may also be ordered by phone, letter or Email from anywhere in Australia. Payment can be made by credit card, cheque or money order. Prompt delivery is assured.

**These ready to wear Orthoses are called "TRY THEM ON".**

They are a safe, effective, low cost treatment for those suffering from aching feet, heel pain (spurs), back pain, over-tiredness and any lower limb musculo-skeletal disorder or discomfort.

Available in the following sizes:  
**CHILDREN** - sizes 6 - 11  
**LADIES** - straight sizes 2-8  
**MEN'S** (or unisex) - sizes 2-5 and 6-12  
No extra charges for packing and postage.  
**Wholesale Prices are available on request. Orders are welcome.**

**The HISTORY of OVIDIO MEDICAL GRADE (ORTHOPAEDIC) FOOTWEAR and ORTHOSES**

Since childhood I have been interested in footwear and health. I was appointed to the footwear trade in Italy and began my own business there at an early age. In 1951 I emigrated to Australia and after a number of other jobs I began shoe retailing and repairing in 1960. At this stage I was not using my skills as a shoe-maker but people began to ask me to make shoes for them. My first client had club feet (a severe deformity). He was desperate for help as no-one could make footwear for him. With some fear and reluctance I made the boots for him and they were a success. From that point my interest in the field of orthopaedic footwear grew and I undertook correspondence courses, studied and gathered as much information as I could find. Over the past 30 years I have continued to gain experience and knowledge in the area of health and footwear, improving our products and techniques as we go. The methods which we use are unique and practical, based upon my experience. I have also trained a number of footwear tradesmen, pedorthists and medical footwear practitioners.

*Ovidio D'Alexandro*

**OVIDIO MEDICAL GRADE (ORTHOPAEDIC) FOOTWEAR and ORTHOSES**

Your shoes should fit your feet, squeezing feet into unsuitable footwear is unhealthy. However we believe that a true medical grade shoe or boot should do more than just "fit" or have "extra depth".



Ovidio Medical Grade Footwear and Orthoses give comfort plus support, correction, protection and prevention of chronic pain.

Each shoe is hand-made to measure on a special orthopaedic last to provide the correct shape and contours for the foot. An orthotic (arch support) is built into each shoe as it is being fabricated, without being heavy or looking "clunky".

The materials we use are of the highest quality with an emphasis on being light-weight. Uppers and linings are made from the finest leathers in a wide range of colours. We make footwear for all ages and sizes, from toddlers' sandals to heavy duty steel-cap work boots.

Our Medical Grade (Orthopaedic) Footwear Practitioner's skills are to assess, prescribe, design, manufacture and fit for the treatment and care of foot and lower limb disorders relating to the musculo-skeletal function of the body **from the feet up.**

Assessments are available by appointment with one of our practitioners.

**CONVERTED "SOLE"**

*A* my business grew it produced pressures which affected me and my family. There seemed to be something missing in my life, no matter how hard I worked there seemed to be a void which I could not fill. A visitor to my home once asked me if I had been "saved". He explained that God had a plan for my life and was the answer to my needs. He showed me how Jesus Christ had died and was resurrected so that if I believed in Him, I too would be set free from sin and death and have eternal life. I became a Christian from that day by asking God to forgive my sins and to become the Lord of my life. Since then my business and family life improved dramatically. Being a Christian has not always been easy but God has given me purpose in life and help with the pressures of living. This wonderful free gift is available for everyone, it brings a peace and assurance that nothing else can. If you would like to find out more on this subject I would be glad to talk with you, so please feel free to contact me.

*Ovidio D'Alexandro*