



Natalie Johnsen, Certified Pedorthist

custom devices

Making Sure The Shoe Fits

Certified Pedorthist on Sunshine P&O staff custom fits orthotics and therapeutic shoes as one unit

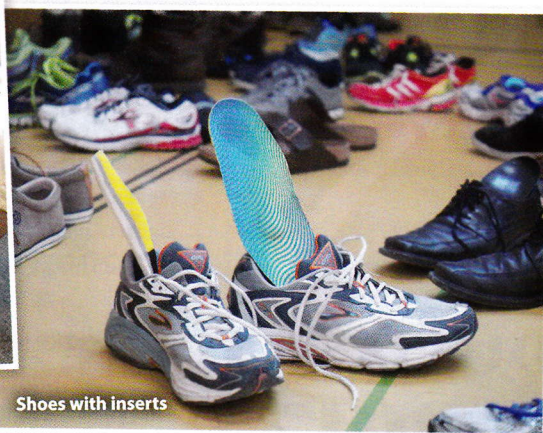
When you have foot pain or trauma due to diabetes, arthritis, vascular conditions, in-house or sports injuries, a Certified Pedorthist can make sure you have the right shoe and insert to alleviate the problem.

Natalie Johnsen, Certified Pedorthist at Sunshine Prosthetics and Orthotics will work with your doctor's prescription by treating the shoe and the orthotic as one unit. The Sunshine in-house fabrication shop allows Natalie to modify these units herself, using her 26 years of experience. In addition to taking foot impressions and molds, she personally grinds and modifies the shoes and orthotics for perfect fit and adjustments. She is often asked to modify units that were purchased outside of Sunshine and can do that as well with a doctor's prescription.

Natalie's Art degree attests to her fine eye for fit and form. She became certified by the American Board for Certification in Pedorthics to apply her skills, working with her hands and helping people. She says "It's the best of both worlds, very gratifying".

About 80% of the patients Natalie treats are Type 2 Diabetics. Others have arthritis or vascular conditions. All of these make it crucial to have exact fitting shoes and inserts to protect the feet from further trauma and injury, particularly in diabetic patients where the foot may become numb and insensitive to rubbing and pressures caused by ill-fitting shoes or inserts.

Buying over-the-counter orthotics often can cause more problems for the wearer. They can change weight distribution and cause additional stress on other joints such as the ankles, knees, hips or back. They may make your current shoes feel tight. The Certified Pedorthist is a specialist in using footwear to relieve



Shoes with inserts

pressures, redistribute weight, accommodate deformities, prevent injuries and avoid further damage to the foot. Natalie is an expert in types of therapeutic shoes, differences in construction, firmness, flexibility, weight, heel heights, shapes and sizes. She knows how the foot may change shape during the course of the day or as you get older and, working with the patient's doctor, she can select the perfect shoe and insert.

Today's therapeutic shoes are stylish as well as functional – sneakers, oxfords, slip-on, sandals – Natalie helps make the best selection and fits

the orthotic exactly to the patient's size and need. The shoes are constructed specifically to accommodate the insert, deeper, wider, whatever is necessary.

Why choose a Certified Pedorthist? A Certified Pedorthist has gone through clinical as well as technical training and must keep up with continuing education to maintain her certification. Natalie is always up to date on latest developments in the field and uses that knowledge to benefit her patients. She is a strong part of the Sunshine P&O state-of-the-art practice.

Sunshine Prosthetics and Orthotics is located at 1700 Route 23 North, Suite 180, in Wayne, NJ 07470. Call 973-696-8100 to learn more about their services or visit www.SunshinePandO.com.



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1700 ROUTE 23 NORTH - SUITE 180 WAYNE NJ 07470
973.696.8100