



INCREDIBLE SHOES, INCREDIBLY COMFORTABLE

soléa: STEPPING OUT OF PAIN AND INTO STYLE

When Ian Colquhoun and his team opened soléa in Ottawa at 943 Carling Avenue ten years ago, they had no idea how the community would take to the concept of offering both pedorthic services of a Certified Pedorthist and the largest selection of fine comfort footwear in Ottawa at one convenient location. After a decade and thousands of satisfied clients with happier feet, they have their answer.



Derek Gilmer, C. Ped. (C), C. Ped. Tech.

First, for the uninitiated, a Certified Pedorthist is a well-trained health care professional who specializes in the use of footwear and supportive devices to address conditions that affect the feet and lower limbs. These specialists can analyze and correct gait and posture problems with the use of orthotics, custom-crafted footwear inserts that, when properly designed and manufactured, can bring relief to a host of foot, leg, back pain and mobility issues. soléa and their clients are fortunate

to have the talent, dedication, and services of Derek Gilmer, C. Ped. (C), C. Ped. Tech, one of the few Ottawa area Certified Pedorthists who holds both designations of Canadian Certified Pedorthist and Certified Pedorthic Technician. What this means is that at soléa, the person who assesses your foot issues is the same person who designs and manufactures your orthotics and who trains the staff to help you select the proper footwear for your orthotics. This fall, Derek is offering complimentary consultations to clients of soléa Pedorthic Services and they are now available on an appointment basis.

Just about every client of soléa Pedorthic Services is amazed at the relief from pain that their new orthotics provide. Rather than feeling tired and drained at the end of their day, they walk with renewed energy that's testament to a freedom in mobility they may not have experienced in years. They have learned what the soléa team has known for years-proper foot alignment may help provide the foundation for pain-free leg, hip, lower back and upper back mobility.

The drive to satisfy the demand for comfort footwear that is both stylish and functional came from the need to serve both women and men who require orthotics but don't necessarily want to wear orthopedic looking shoes. The success of any orthotic appliance is based not only on the skills of the pedorthist but on the quality and fit of the shoe it is to be inserted into. To this end, soléa researches and holds all the shoe and accessory lines it carries to a very high standard. Such well known names as Finn Comfort, Mephisto, Dansko and Gabor, to name only a few, are not only stocked at soléa, but carried in full seasonal offerings for those who desire comfortable footwear year round. As well, Certified Pedorthist, Derek Gilmer trains each soléa sales associate to help ensure the best match for the client of orthotics and shoe. For those with discriminating taste, soléa provides shoes that look decidedly fashionable without sacrificing quality or function.



UNLIKE MOST ORTHOTICS CLINICS THAT RELY UPON COMPUTER-GENERATED ORTHOTICS AND THAT OUTSOURCE THEIR MANUFACTURING, THE CLIENTS OF SOLÉA PEDORTHIC SERVICES BENEFIT FROM HANDS-ON, TECHNICAL EXPERIENCE AND LOCAL MANUFACTURING CRAFTED BY HAND.

This level of service ensures unmatched quality control and a superior quality of product and ensures a maximum level of mobility improvement. There is a fast turnaround time of ten working days for most custom made orthotics.



But no matter where you might have received your orthotics, you're more than welcome at soléa. Rather than choosing from a limited selection of footwear at an ordinary shoe retailer, at soléa you can select from a wide array of styles and fashions, chosen to meet most budgets. And, at soléa, you can be assured of the highest levels of professional and personal service that will help maximize the benefits of your custom orthotics by correctly matching them to the right shoe.



soléa is located at **943 Carling Avenue at Sherwood Drive**, just west of Dow's Lake and easily accessible from the Queensway via the Parkdale Avenue exit or a short walk from the Carling Avenue O-Train station. The pedorthic clinic is by appointment only and the phone number is **613-728-6905**.

soléa has free parking and is open Mondays through Wednesdays from 9:00 am to 6:00 pm, Thursdays and Fridays from 9:00 am to 8:00 pm and is also open Saturdays from 9:00 am to 6:00 pm and Sundays from 12 noon to 5:00 pm. soléa can be reached at **613-728-6905** or by email at info@solea.ca or you can visit the website at www.solea.ca to view soléa's services and extensive lines of fine comfort footwear. Leave your pain behind and step out in style with soléa.