

Shift Orthotics & Footwear is a full-service pedorthic clinic located in Kingston, NS. Shift is owned and operated by a local Canadian Certified Pedorthist with over 15 years experience in the field.

We offer the following:

- **custom-made orthotics**
 - made on site by our Canadian Certified Pedorthist
 - using a wide range of specialty materials to meet specific needs (e.g., for the diabetic foot, for athletes, for vibration absorption, etc.)
 - can be made to fit special footwear like sandals
- **orthotic repair** in our on-site lab
- **shoe modifications** (e.g., lifts, buttresses, sole flares, etc.)
- **compression garments**
 - off-the-shelf or prescription grade
 - wide range of styles and colours/patterns
- **diabetic socks**
- **lower limb bracing**
- **AFOs** (including Xtern and Dictus)
- **orthotic-friendly, comfort, and orthopaedic footwear** including:
 - many widths for harder-to-fit feet (narrow, standard, wide, and extra wide widths available)
 - extra-depth footwear for thicker feet that need more volume and that can accommodate braces like AFOs, etc.
 - shoes for easier donning/doffing
 - sandals and winter boots
 - for adults and children
- **expert compression and shoe fitting**
- **foot care accessories**
- **patient education materials**
- **weekend and evening appointments**
- **home visits** to nursing homes as well as long term care and residential facilities

Please contact us for more information or with any questions.

**CONTACT
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