



Heads Up!

Posture and gait abnormalities caused by the rise of technology are adversely impacting our children's mood and cognitive abilities.



Side-Effects of Bad Gait & Posture:

- Sleep Loss & Tiredness
- Attention Deficit & Depression
- Tech Neck Syndrome & Digital Dementia
- Limited Brain Development & Neuroplasticity
- Abnormal Sensorimotor Control
- Decreased Immunity & Brain Blood Flow
- Chronic Pain & Injuries from the feet up

1.4k

hours per year are spent
by children in the Tech
Neck position

65%

of children and
adolescents have
incorrect posture

30%

of children enter school
developmentally
vulnerable



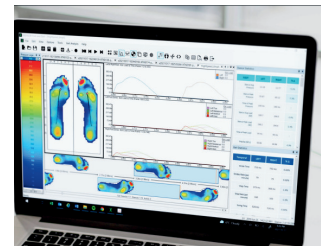
Call us for more info
407-917-1770

About StepsDirect

StepsDirect is a new, innovative and family-centric foot and posture lab in Central Florida. We help individuals of all ages take the necessary steps to align their body from the feet up and correct their posture through neuromuscular activation techniques.

How can we help?

- ✓ Gait and Foot Pressure Mapping
- ✓ Customized Corrective Orthotics
- ✓ Pre-Fab Orthotic Devices
- ✓ Posture Correction Treatments
- ✓ Group Clinics for Sports Teams
- ✓ Seminars for Schools and Organizations



932 E Osceola Parkway
Kissimmee, FL 34744



stepsdirect.com



theteam@stepsdirect.com



Feet First!

Regularly examining your feet is crucial, as many body issues stem from a weak foundation, often with genetic origins, making proactive intervention highly beneficial.

Side-Effects of A Bad Foundation:

- Chronic Pain in Back and Joints
- Posture Abnormalities
- Performance Limitations
- Injuries and Falls
- Plantar Fasciitis
- Calluses & Spurs
- Bent Toes, etc.



Schedule a FREE consultation
407-917-1770



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bones in your feet make up 1/4 of all the bones in your body

87%

of the general population is affected by foot pain

23%

of medical costs could be avoided by correcting your feet

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We Partner With

- Athletic Trainers
- Physical Therapists
- Chiropractors
- Pediatricians
- Podiatrists
- Coaches
- Schools
- Corporations
- Agencies



Contact Us

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Invite your patients or teams to
book a free consultation today!

