

## Take the Next Step Towards Wellness!

It's time to start improving your foot health and overall well-being. Scan the QR code below to book an orthotics assessment with Dr. Rebecca today!



### ABOUT Dr. Rebecca-Jane McAllister

Dr. Rebecca is a Calgary-based Chiropractor committed to providing evidence-based care for muscle, nerve, joint, and bone conditions. She combines clinical expertise with the latest research to deliver effective, personalized treatment plans – including spinal manipulation therapy, acupuncture, exercise rehabilitation, and custom orthotics. With a passion for patient education and individualized exercise rehabilitation, Dr. Rebecca empowers individuals to understand and better manage their pain.



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### ABOUT Crux Laboratory

Crux Laboratory is a Calgary-based custom orthotics manufacturer committed to precision craftsmanship and sustainable, evidence-informed processes. With over a decade of industry experience, the team utilizes advanced 3D printing technology to produce highly accurate, durable, and medical-grade orthotics. Crux supports local clinicians and patients, including Dr. Rebecca, through efficient ordering processes and ongoing collaboration to suit unique orthotic needs.



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## Step Into Better Health: Stability, Strength, & Support – Starting at Your Feet.

Combining chiropractic care and custom-made orthotics to help you feel your best, every step of the way.



## Support From the Ground Up

Imagine living with less pain and more freedom to do what you love – whether it's walking the dog, hitting the gym, or simply getting through your day with ease. Chiropractic care and custom orthotics work together to help minimize aches and pains, ultimately helping to ease discomfort, reduce strain, and enhance your well-being. Dr. Rebecca-Jane McAllister, in partnership with Crux Laboratory, proudly serves the Calgary community with personalized, medical-grade orthotics that help to enhance and extend the results of chiropractic treatment. With the right care and support, you'll not only feel better – you'll move better, every day.

## How Crux Custom Orthotics Can Help You

**REDUCE FOOT PAIN:** Ease conditions like plantar fasciitis, heel pain, flat feet, high arches, and ball-of-foot discomfort.

**ENHANCE COMFORT:** Experience all-day, truly customized support. Every pair of orthotics is custom-made using high-quality, durable materials to help you move comfortably and confidently.

**IMPROVE ALIGNMENT:** Support proper posture by reducing strain on your ankles, knees, hips, and back.

**BOOST PERFORMANCE:** Empower everyday movement and athletic pursuits with improved foundation and function.

**CUSTOM FIT TO YOUR FOOTWEAR:** Designed to work seamlessly with virtually any style of footwear.

## Why Dr. Rebecca Trusts Crux Laboratory

As a Chiropractor, my mission is to help people move through life with less pain and more ease – so they can stay active, comfortable, and confident in their everyday routines. That's why I trust Crux Laboratory for custom orthotics that truly complement the care I provide in the clinic. These medical-grade orthotics help to address foundational issues in the feet, which in turn help to reduce pain by minimizing compensatory strain, enhancing stability, and supporting healthier movement patterns. The result? Patients experience greater comfort and mobility in everything they do – from walking and working to exercising and enjoying time with family.

I also appreciate that Crux is a locally owned, female-led company based right here in Calgary – just like my practice. Their use of advanced 3D printing technology ensures precision, consistency, and sustainability, with up to 80% less material waste than traditional methods. The orthotics are not only highly durable and tailored to individual needs, but they also come with a 90-day warranty, a five-year shell guarantee, and optional refurbishment services. It's this level of innovation and integrity that makes Crux an ideal partner in helping my patients achieve long-lasting relief and better movement.

*Dr. Rebecca-Jane McAllister  
Doctor of Chiropractic*



## Crux Laboratory Orthotics Styles



### EVERYDAY COMFORT

**Ideal for:** Casual shoes, runners, boots, and wider dress shoes.

**Features:** Semi-flexible design for durable, all-day comfort.

**Perfect if:** You spend long hours on your feet or need versatile daily support.



### SPORT PERFORMANCE

**Ideal for:** Training shoes, runners, hockey skates, hiking boots.

**Features:** Semi-rigid support with moisture-wicking, friction-reducing top covers.

**Perfect if:** You're active and want your footwear to keep up with your performance.



### DRESS ORTHOTIC

**Ideal for:** Dress shoes, flats, high heels.

**Features:** Slim, low-profile design that blends into formal footwear without compromising support.

**Perfect if:** You want all-day comfort that doesn't compromise your style.



## How it Works

Dr. Rebecca and Crux Laboratory offer a cooperative, simple three-step process that combines chiropractic care with your custom orthotics needs:

1

Book an orthotics assessment\* with Dr. Rebecca, who will evaluate your posture, gait, and foot structure.

2

A 3D foot scan and detailed orthotic order form are sent to Crux Laboratory for custom fabrication.

3

Once your orthotics arrive at the clinic, a dispensing appointment is scheduled for Dr. Rebecca to fit your orthotics and provide you with guidance to ensure a smooth, supportive break-in process.

\*Most insurance companies require a medical doctor's prescription for orthotics dated prior to the orthotics assessment. Please review your individual insurance plan requirements prior to booking.