

Foot Orthotics Brochure

Why/What:

Foot orthotics are devices or inserts which fit into shoes and help decrease stress on body tissues by correcting anatomical alignment while standing, walking and running. Oftentimes, foot orthotics can help in treating;

- plantar fasciitis
- Achilles' tendonitis
- shin splints
- metatarsalgia
- anterior knee pain
- knee osteoarthritis

Who:

Orthotics can be used for different reasons, for different people. For “flat-footed” (over pronated) people, they can control excessive foot motion to decrease stress on body. For “rigid, high arched” (supinated) people, they can provide increase cushion and shock absorption.

How:

How Foot Orthotics are made

There are a variety of systems that can be used to fabricate foot orthotics at Comprehensive Physical Therapy Center. With each system, we take measurements in a non-weight bearing position to make an assessment of how closely the joints of the foot align so not to cause tissue stress. Then, a mold of the foot to get a weight bearing impression is taken. Following the molding procedure, the foot orthotic is then contoured so that we, “bring the ground up to meet the foot” in an unstressed position with good postural alignment. All measurement and production of the foot orthotics takes place in the clinic so that we can modify the product as needed, thereby decreasing downtime and increasing patient comfort. These orthotics are classified as semi-rigid and will likely last 2+ year with appropriate care. They can fit in any running shoe and can be molded to fit into special athletic shoes (i.e. soccer cleats, etc). Comprehensive Physical Therapy Center can also make ¾ length orthotics to fit in some dress shoes.

Care of foot orthotics

Never leave foot orthotics in the hot sun as they are made of low temperature melting plastic and could deform. Also, when wet, they should be taken out of the shoes and left to air dry. Do not place them on a heater. If ever dirty, the smooth surfaced ones can be wiped clean with a damp cloth and the fabric surfaced ones do well with a spray foam carpet cleaner.

Insurance coverage

Many insurances cover one pair of foot orthotics per year and our business office can check the details for you.