

# *Custom Made Orthotics*

## Conditions Treated

- Achilles Tendonitis
- Abnormal Gait
- Bunions
- Shin Splints
- Plantar Fasciitis
- Heel Spurs
- Hammer Toes
- Corns/Calluses
- Flat Feet
- High Arches
- Supination
- Over Pronation
- Low Back Pain
- Pelvis Instability
- Intrinsic Foot Pain
- Foot Conditions due to Diabetes

## Benefits of Treatment

- Reduce Muscular Fatigue
- Promote more efficient muscle performance
- Help to ensure correct positioning of the bones in the feet, ankles, knees
- Improve then biomechanics of the feet
- Promotes better circulation
- Helps transfer energy through the kinetic chain



## Common Questions Asked

### **What are foot orthotics?**

Orthotics are custom made medical foot supports that reinforce proper foot motion. They come in a variety of types, shapes, and materials.

### **Will orthotics correct my foot problem?**

Orthotics will help control the position and motion of your foot. This should help prevent the development of pain, disability, or additional deformity. Wearing orthotics will not change the underlying structure of your foot but does improve function.

### **Can orthotics be used for athletic activities?**

Absolutely. Orthotics may be appropriate for most activities, including sports which do not involve excessive impact on the feet. Sports which involve considerable ground impact may require sport-specific orthotics.

### **How long does it take to get used to orthotics?**

Because orthotics use comfortable materials, and are shaped following the natural curves of your feet, it usually takes no more than two weeks to get used to them. Many people find their new orthotics to be comfortable immediately after they are inserted into their shoes.