

Basic Orthotic Information

Othotics are devices that are placed within a shoe, underneath the foot. Usually a combination of a hard plastic-like material and a softer, shockabsorbing layer, these devices are handmade from a plaster mold of your foot. They are designed to control or support a foot that has excess contours or excess motion creating deformities and/or pain in the foot, knee, hip, and/or back.

Orthotics function by supporting the entire plantar (bottom) surface of the foot, thus dispersing pressures evenly and eliminating high pressure areas that can create pain. In a flatfoot, an orthotic will re-create an arch, whereas in a high arch, it will both support and shock absorb. Control of the foot is directed toward a neutral position of the foot joints for ideal alignment. This is usually achieved by external and internal posting and padding.

WHO NEEDS THEM?:

As with all things in life, a solid foundation is the key to stability. The foot is our body's ultimate foundation, and if it is out of alignment, then injury can result and healing can be difficult. It is typically the flatfoot that requires support, but a high arch often can benefit as well. Orthotics are utilized for treating and preventing bunions, hammertoes, neuromas, plantar fasciitis, ligament-tendon injuries, and arthritis of the foot, ankle, knee, and hip.

Cost: \$395.00

Custom orthotics should only be prescribed by a trained medical professional who will provide follow-up evaluations to confirm effectiveness and to make modifications for proper fit and function. Custom orthotics are handmade via a multi-phase process utilizing expensive materials. These devices are made specifically for your foot, and no other person can use the device. For this reason there is a deposit (\$100.00) in cases when your insurance doesn't cover.

Construction/Timeline:

The construction of orthotics can take 2-4 weeks. The process starts with an office visit for evaluation and foot scan. The scan is sent to the lab and construction is completed. You are contacted when the orthotic is available for dispense. This is usually an office visit to confirm proper fit and explain adjustment period. Follow-up varies based on diagnosis, orthotic fit, and design.

Adjustment/break- in Period:

This is the time after the orthotic is dispensed, lasting about 2 weeks. The orthotics are changing the position of your foot and leg and will take time to adapt. The usual recommendation is increasing hourly increments per day (i.e. one hour on day one, two hours on day two, three hours on day three, etc...). It is important to realize that you will be removing the orthotics daily as needed for subtle discomfort, but if there are any hotspots or consistent discomfort then please contact the office. After 2 weeks you should be able to wear them all day. Do not attempt high-impact activities (running, long distance walking, hiking, skiing, etc) until you can wear them for a full 6 hours without pain.