



## **Put Your Best Foot Forward with Orthotics in Your Shoes**

Just like your house, the feet are the foundation of your body. If there is one small problem in your feet, subtle changes can occur throughout your body. This can translate to stress on bones, tendons and ligaments in the foot causing foot pain along with knee, hip or low back issues.

### **What is an orthotic?**

Custom orthotics are inlays or inserts put in a shoe made specifically to address your unique biomechanical needs. Custom orthotics optimize your foot's natural position reducing pain caused from poorly aligned joints.

### **What should I expect?**

Custom orthotics bring a mal-aligned foot into its neutral and optimal position for function. Over time the orthotic should relieve any pressure points, fatigue, discomfort and pain getting you back to your daily activities to maintain a healthy and active lifestyle.

### **What is the process?**

A mold of your foot will be taken in the office. The molding process takes about 10-15 minutes. The molds of your feet are then sent to an orthotic lab to be manufactured. In about 3-4 weeks you will come to the office for an orthotic fitting. After a short break in period your orthotics should be ready for daily use.

### **How do I know if I need an orthotic?**

Foot pain is never normal but some signs you may benefit from custom molded orthotics are:

1. Bunion or Hammertoes
2. Heel or Arch pain
3. Knee or Hip pain
4. Low back pain
5. Localized foot pain or pressure
6. Flatfeet