



Foot Orthotics

What are orthotics and how Can They Make My Life Better?

Each human foot has 26 bones, 33 joints, 112 ligaments along with a network of tendons, nerves, and blood vessels all working together. The balance, support and propulsion of the human body depend squarely on the foot.

With so many parts, it's a wonder that we don't experience more foot and ankle injuries. Runners and sports enthusiasts in particular are susceptible to foot and ankle injuries. While a twisted ankle may not be preventable, orthotics can help reduce foot and ankle injuries.

What are orthotics?

Orthotics are prescription foot arch supports but they do much more than just support the arch. They are hand made of high technology materials custom fitted for your feet. Orthotics are constructed to match a precise plaster mold of your feet. Strong and comfortable, custom devices offer the highest level of protection for foot complications. You simply slip them into your shoes.

Prescription foot orthotics are not mere arch supports. They are hand made of high-technology

materials, especially for you. Orthotics are constructed to match a precise three dimensional plaster mold of your feet. Strong and comfortable, custom devices offer the highest level of protection for foot complications. You simply slip them into your

shoes. With the use of orthotic devices, weight-bearing forces are dispersed and the mechanics of your foot are improved and stabilized. These devices properly shift your weight promoting mobility across the foot and helping to relieve your discomfort.

Runners and other athletes have long used orthotics as an indispensable piece of athletic gear. They are not only used to treat existing problems but they are also used to prevent problems from occurring. Prescription foot orthotics are like eyeglasses. Not everyone needs them, but for those that do, prescription correction and professional care are absolutely necessary.

How do orthotics work?

With the use of orthotic devices, weight bearing forces are dispersed and the mechanics of your foot are improved and stabilized. These devices properly shift your weight promoting mobility across the foot and helping to relieve your discomfort. Runners, skiers and other athletes have long used orthotics as an indispensable piece of athletic gear. They are not only used to treat existing problems but they are also used to prevent new problems from occurring. Prescription foot orthotics are like eyeglasses - not everyone needs them, but for those that do, prescription correction and professional care are absolutely necessary.

Who would benefit from orthotics?

Orthotics are instrumental in helping patients with bunions, hammertoes, flatfeet, heel pain, children with heel pain, people with diabetes or arthritic disorders and sports enthusiasts. Patients who participate in an exercise regimen two or three times a week, and especially sports enthusiasts benefit from orthotics. Many professional athletes in all sports arenas have orthotics to balance and support their feet and allow them to function at their best. In children, orthotics are used to prevent abnormal development of the foot due to flatfoot or in-toeing or out-toeing disorders.

For runners and sports enthusiasts it is essential to have proper footwear and support. During a 10-mile run, the human foot makes 15,000 strikes on the ground with a force of three to four times the body's weight. That places a huge amount of stress on the human foot. That stress can be more evenly and properly distributed across the foot when orthotics are used.