

## Are Orthotics for Me?

Orthotics are designed to help with painful conditions or prevent injury. Orthotics are a custom made insert that fit in almost any shoe. They are custom because we use your foot to make an impression from which the orthotic is made. Additions can be made to the orthotic to help with certain foot, ankle or heel problems.

### Things to consider for overall foot health:

#### 1) How old are your shoes?

Turn the shoe over and take a look at the wear pattern.

#### 2) Do you experience foot or heel pain?

Pain is not normal.

**Worn out shoes** – Take a look at your shoes – are you wearing the soles on one side more than the other? You may pronate (foot rolls inward) or supinate (ankles turn out).

**Is the left shoe more worn down than the other?** You may have a leg length discrepancy. You can learn a lot from your old shoes, and so can we.

**The Wet Test** – With Wet Feet, stand on a piece of newspaper or paper towel and then examine your foot print.

*A footprint without a c-curve in the arch could signify a pronator, and a prominent c-curve could suggest a supinator.*



Pronated Normal Supinated

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#### Foot Pain:

You would think this one would be obvious but you would be surprised by how many people allow themselves to suffer unnecessarily with foot pain.

Repeated exposure to improperly fitted footwear can cause permanent damage to your feet. High heels, pointed toes shoes, and any shoe that doesn't properly conform to the shape of your foot can cause undue stress and fatigue. If you are experiencing pain – talk to someone who can help!

#### Heel Pain:

Severe pain in the heel is not normal. If you are experiencing pain, particularly in the morning it could be the sign of a foot condition like Plantar fasciitis. Plantar fasciitis can be treated with orthotics, metatarsal pads, stretching and lifestyle changes.

#### Injury to Lower Limbs:

If you have recently suffered an injury to your lower extremities it is important to make sure that you properly support your recovery from the ground up. A misaligned gait can cause issues with your ankles, knees, and hips.

Getting help now will increase your quality of life and over-all health, book an appointment today.