

# **ORTHOTIC INFORMATION SHEET**

## **Can orthotics help my lower back pain?**

Yes... Depending on the cause of your back pain, orthotics can help by balancing foot motion right to left and adding additional shock absorption.

## **Will custom orthotics correct my fallen arches?**

Not permanently...But when you wear orthotics, they will position the structures in the foot to optimize the biomechanical function, reducing the chance of injury and enhancing performance.

## **Will my orthotics be comfortable?**

Yes... Orthotics add support and comfort to your feet. Like anything new, it may take you a few weeks for your feet to accommodate to the change.

## **Will orthotics help reduce my knee and hip pain?**

Yes...In many cases, pain "up the chain" can be affected by controlling the biomechanics of the foot. Orthotics can decrease the biomechanical stress on your knees, hips and lower back by correcting faulty foot posture and biomechanics

## **Can orthotics reduce my painful plantar fasciitis?**

Yes...Orthotics support the arches of your feet. In conjunction with certain types of stretching and at-home therapies, orthotics can help reduce healing time and prevent re-occurrences of plantar fasciitis.

## **Will orthotics make my tired feet feel better?**

Yes...Because orthotics support your arch and disperse your weight over the entire surface of your foot, most patients experience relief.

## **Will orthotics prevent injuries?**

Yes...Many overuse injuries, i.e. plantar fasciitis, interdigital neuroma and achilles tendonitis, are caused by repetitive motions and stress placed on the lower extremity. By correcting the motion in the foot with orthotics, you can limit exposure to most overuse injuries.

## **Custom made or generic over-the-counter orthotics?**

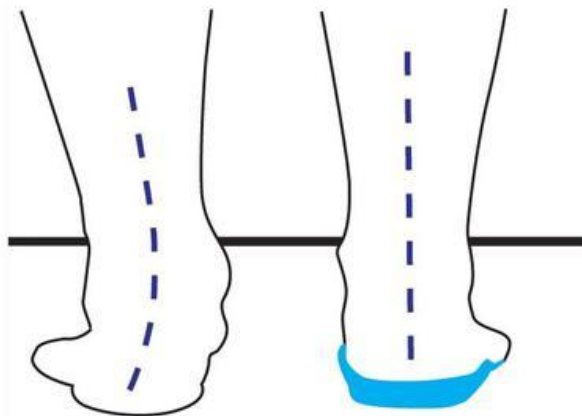
Many patients will benefit from over-the-counter orthotics if they have uncomplicated faulty foot posture and biomechanics. Those patients who have severe faulty foot posture will need to get custom made orthotics.

## **How long will my orthotics last?**

Orthotics can last for many years. Unless your foot has grown, you gain or lose 20% of your current body weight, or your foot posture has dramatically changed, you should get many years of wear from orthotics. Because of the materials used, custom made orthotics will last longer than over-the counter orthotics. Even custom orthotics will need the top covers replaced every few years.

## **How much do orthotics cost?**

Over the counter orthotics in our office cost \$35. Custom made orthotics may cost up to \$450, but in our office they are \$250 for one pair. Some insurances pay for a portion of orthotics. You would need to call your insurance company to verify any coverage.



HYPER/OVER  
PRONATION

NORMAL/CORRECTED  
FOOT POSTURE WITH ORTHOTICS

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