

ORTHOTIC INFORMATION

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, adding additional shock absorption, and correcting internal rotation of the legs and hips.

Will custom orthotics correct my fallen arches?

Not permanently...But when you wear orthotics, they will position the structures in the foot to optimize 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 up to two 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, shin splints, 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?

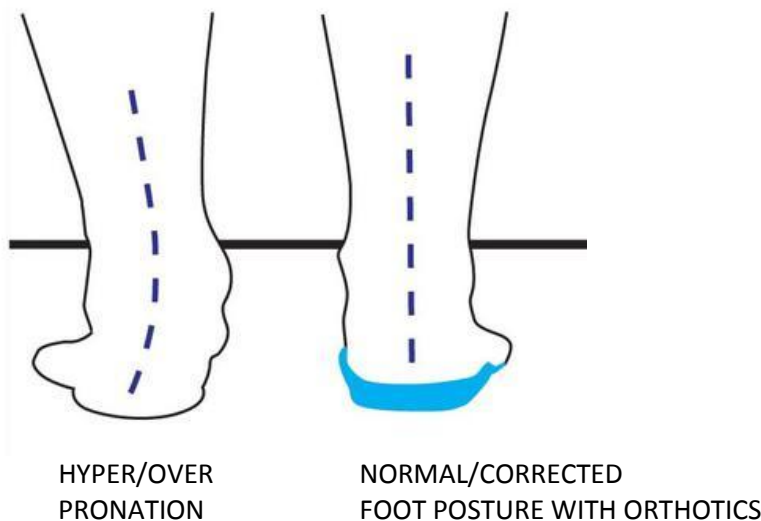
Many patients will benefit from over-the-counter orthotics if they have uncomplicated faulty foot posture and biomechanics. Those patients who have severe faulty foot posture, spend more time on their feet, or weigh more than 180 lbs, will need custom orthotics.

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 \$40. Custom orthotics may cost up to \$450, but in our office they are \$300 for one pair. Some insurances pay for a portion of orthotics. You would need to call your insurance company to verify any coverage.



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