



FOOT ORTHOTIC OPTIONS

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What is a foot orthotic?

The modern-day “orthotic” comes from the Greek root “*ortho*,” which means *to straighten or support the foot*. This term applies to a wide range of orthotics, from the simplest drug-store arch support to the custom orthotics made by our office.

What type of foot orthotic would benefit me?

First we will review your symptoms and examine your foot. Then we recommend the best option to relieve your symptoms. We always start with the least expensive solution and move to a more refined orthotic depending on your response to treatment.

Many common foot problems, including heel, arch, and metatarsal pain, respond well with a pre-fabricated foot orthotic. This support reduces the strain along the bottom of the foot and, when combined with a metatarsal rise, it can reduce pressure on the ball of the foot. A custom foot orthotic is best for those with a very unstable foot, a long history of foot problems, or other unique alignment considerations.

What types of orthotics are available?

There are numerous choices available in an equally wide price range. Many of these items are available for purchase at the time of your appointment. We will help you select the best option to serve your long-term needs.

What can I expect from a foot orthotic, and how long will pain relief take?

An orthotic does not always cure a foot problem, but it is a key component of treatment. It will reduce strain or pressure and other symptoms associated with overuse from walking and standing. Other forms of treatment include physical therapy, immobilization, stretching, and injectables to relieve overall symptoms.

Remember, the condition probably took months or years to develop, so proper treatment will likely take a similarly long-term commitment to treatment. Keys to your success include your determination to use the equipment we provide and your follow-through on treatment plans provided by the other clinicians on your care team.

We wish you well!