

# FOOTNOTES

*“Health Care Tips  
On The Feet”*

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## WHAT ARE ORTHOTICS?

Foot orthoses (orthotics) are devices that sit inside your shoe and are used to help an individual stand, walk, and run in a more normal, well-aligned, efficient and comfortable manner. The use of orthotics is a conservative approach to many foot problems including heel pain, tendonitis, instability, bunions, and even knee and back pain. It is a highly successful and practical form of treatment.

Orthotics are fabricated either from a mold of your foot or by computer evaluation of your foot. They take various forms and are constructed of various

materials depending on what condition they are being used to treat. All orthotics are concerned with improving foot function and minimizing abnormal stress forces that could ultimately lead to foot deformity and pain.

Orthotics fall into 3 main categories: those that primarily attempt to change foot function, those that are primarily protective in nature, and those that combine both control and protection.

Your podiatrist will evaluate your condition and foot function and will prescribe and fit you for a custom orthotic that is appropriate for you.

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