



WHAT'S THAT IN YOUR SHOES?

Foot Orthotics...Performance from the Ground Up – Part I
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o FOOT ORTHOTICS...The “What”

▪ What are foot orthotics?

▫ Basically they are shoe inserts to help your feet.

• Over the Counter (OTC)

These are generic inserts based on shoe size and sometimes general needs (low arch, high arch). Less expensive but also non-specific to your foot shape and biomechanical needs.

• Custom

These are custom molded via a cast or foam box impression of your foot. Can do very specific corrections or modifications on the device based on your biomechanical needs, including **arch height** and **posting** (build up on bottom of device that “brings the ground up” to your foot at the front and rear of the foot).

These are more expensive since they require a skilled professional to analyze, design, and modify.

▪ Why Use Orthotics?

▫ Shock Absorption, Alignment/Support of Feet

▫ ...More in Part II

FOOT ORTHOTICS...

OTC or Custom – *They just may help you build from the ground up!*

Call Peak PT @ 218-0240 if you need help deciding on orthotics!



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