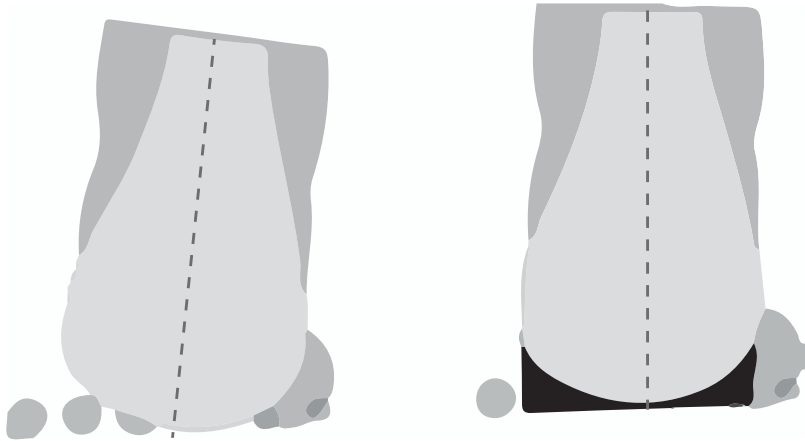


ORTHOTIC THERAPY



Orthotics aren't just orthotics, they can range a great deal. From custom to "off the shelf" devices, from ones for runners to dress shoes, ones for comfort and ones for correction. The idea of all of them are the same, in that the foot is held in your ideal position and any biomechanical concerns are addressed in order to ensure the most efficient walking/running style. Seek the expert advice of our mhealth Podiatrist today!

What are foot orthoses?

Foot orthoses are insoles that support the foot. Often the orthoses are used as part of a treatment plan, and are only ever prescribed once treatment principles have been implemented and your functional response gauged. Your mhealth Podiatrist will advise on other measures you will need to follow to improve your foot problem. At mhealth we use state of the art gait scan technology, 3d scanning, in depth manual assessment and years of experience to ensure the highest quality product and best available treatment.



Wearing them in

We recommend that orthoses are initially worn for 5-15 minute intervals three times a day. eg, 30 minutes day 2, 45 minutes day 3 etc. Wear them around the house to start off with. Mix your activity so you are not doing 5-15 minutes of constant walking as this may be too much. Gradually extending the time by 15 minutes. After 2 weeks you should be able to wear them comfortably all day. It is important to wear the orthoses in gradually, even if they feel okay. This is particularly important if you have back problems. If you wear them too much you may experience pain the next day. It is normal to expect a little aching at first as the muscles in your legs and feet get used to the devices. Although the insoles obviously affect your feet, they also can affect your legs or even your back. Be aware of any aches and pains and tell the Podiatrist when you next attend for treatment.

Will they fit in all shoes?

The orthoses will fit into most fairly deep lace up round fronted shoes or trainers. You may need to remove or alter the original insole from the shoe. It is more difficult to fit orthoses into a slip on shoe. These allow little room at the front of the shoe and your toes may get squashed as a result! Specific court style orthotics are required for these shoe. For further information please ask our mhealth Podiatrist about these.