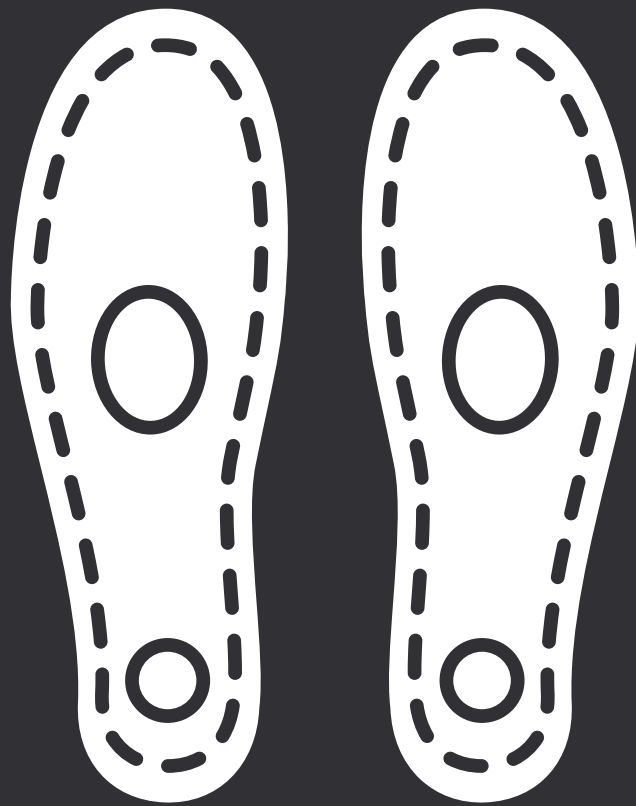


ORTHOTICS



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What is an orthotic?

An orthotic is an insert for your shoe designed to reduce pain and increase function of foot and ankle biomechanics.

What makes the orthotic custom?

Every patient has a plaster cast created of each of their feet by the Doctor. This then acts as a mold when creating the orthotics.

Where are they manufactured?

All orthotics are hand made in the Greater-Toronto-Area.

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How do Orthotics help?

- Decreases pain by altering biomechanics of the foot/gait
- Decrease pain by correcting leg length in-equalities
- Decrease pain by adding more stability to an existing unstable shoe
- Prevent injury by increasing proprioception during gait and single leg stance

What types of Orthotics are offered?

Sport	Gait Plate	Dress	Casual
Great for wearing during court sports, aerobics or cross-training.	Designed for patients with toeing-in or toeing-out gait.	More thin to fit into dress shoes (posting is intrinsic)	Versatile design made with an ortho-vinyl topping.

What conditions do Orthotics help?



Sesamoid Bone Pain



Plantar fasciitis



Osteoarthritis Pain



Peroneus Longus Pain Syndrome



Knee Pain



Heel Pain



Bunions and Toe Pain



Low Back Pain

What forms of therapy or modalities compliment orthotic



Rehabilitation Exercise



Soft Tissue Therapy (intrusions & manual)



Massage



Adjustments & Mobilizations



Low Level LASER Therapy



Acupuncture

The Orthotic

Step #1 - physical and orthopaedic exam

Step #2 - plaster casting of your feet

Step #3 - casting used to create orthotic (off-site)

Step #4 - fitting appointment



Type of Plastic

can be modified for pronation or Diabetic, arthritic, or flat feet

Pads & Cut-Outs

for heel spurs, metatarsal pain, etc.

Posting

used for varus or valgus deformity

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