

Custom Foot Orthotics - What You Need to Know

Foot orthotics are medical devices made to address pain, numbness and alignment in the body. Pain can occur for many reasons; a biomechanical/physiological problem, excessive weightbearing at work or overuse in sports as well as trauma or post surgical recovery.

Orthotics can be used to treat conditions in the feet such as bunions, plantar fasciitis, metatarsalgia, as well as the effects of diseases such as diabetes or arthritis. They are also often used in helping conditions of the knee, hip and back. The most important aspect when considering treatment with custom orthotics is the examination process; it helps determine if a foot orthotic is an appropriate treatment choice for your condition.

Canadian Certified Pedorthists are custom-made foot orthotic and orthopaedic footwear experts. They are one of the few healthcare professionals trained in the assessment of lower limb anatomy and muscle and joint function. With specialized education and training in custom-made orthotics and footwear, Canadian Certified Pedorthists help to alleviate pain, abnormalities, and debilitating conditions of the lower limbs and feet.

Unlike over-the-counter solutions custom made orthotics are made specifically for the patient. In order to evaluate a patient's specific and unique requirements, a gait (walking or

running) analysis of the patient, as well as a hands-on biomechanical assessment of the feet and lower limb should be done. If it has been determined a custom foot orthotic is needed a pedorthist takes a three-dimensional casting of the patient's foot and an orthotic is made from raw materials.



Once your orthotics are made they should be fitted to your footwear in person. This is an important step as all shoes are different shapes and sizes and may need some adjustments. If an orthotic does not fit into your shoes properly they could cause increased pain or discomfort.

There will be a break-in period that should be followed with guidelines provided at your fitting. Everyone responds differently to an orthotic and adjustments may or may not be needed.

It is important to know it is normal to have adjustments at times; we all have different sensitivities and respond to changes at different speeds.

If you are experiencing pain your first step is to see your family physician for proper diagnosis and screening. They may refer you to a Canadian Certified Pedorthist to have further assessment on your foot mechanics and alignment that may be the underlying cause of your condition.

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