

## Orthotics

Orthotics are specially designed in-shoe devices that correct and control abnormal foot and lower limb function and may also be designed to accommodate and relieve pressure over painful areas. Orthotics can correct biomechanical abnormalities of the feet and lower limb which may contribute to painful conditions.

There are many types of orthotics available including customised (i.e. manufactured from a cast of your feet) and prefabricated devices, as well as various materials from very soft to rigid. The truth is, not one type of orthotic or material is suitable for everyone. The way the feet function has a direct influence on the rest of the body. If there is an issue with the foot's mechanics it can contribute to many pathologies not only in the foot but throughout the rest of the body.

