

## Cost

Initial new patient assessment £36.50  
Further biomechanical assessment £75  
Computerised Gait Analysis and RS Scan £175  
Casting £30  
Orthosis Pre-Formed from £25.00  
Orthosis Be-Spoked from £250  
Protect Insurance Scheme £54.95  
Refurbishments £50  
Postage of orthotics by special delivery to lab £6.50

## Please Note:

A deposit of £100 is required for custom orthotics



## Podiatry Opening Hours

Monday 9.00am-7.00pm

Tuesday 9.00am-5.00pm

Wednesday CLOSED

Thursday 9.30am-7.00pm

Friday 9.00am-4.30pm

( Botanic Rd)

Wednesday 9.30am-5.00pm

( Hesketh Bank )

# ORTHOTICS FAQ



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## What is a custom orthotic?

A custom orthotic is a device designed to align the foot and ankle into the most anatomically efficient position. They look like insoles, but are biomechanical medical appliances that are custom made to correct your specific foot imbalance. Custom orthotics work on your feet much like glasses work on your eyes - they reduce stress and strain on your body by bringing your feet back into proper alignment. The plastic body of the custom orthotic helps to re-align the foot by redirecting and reducing certain motion that takes place during the gait cycle. Custom orthotics fit into your shoes as comfortably as an insole - and they have the advantage of having been made from precise imprints of your feet.

## Who needs custom orthotics?

Anyone who has the following symptoms can benefit:

- Localized foot pain
  - Bunions, hammer toes
  - Arch/heel pain
  - Leg/knee pain
- Hip or back pain - even neck pain

## What can I do?

Your Podiatrist can prescribe custom orthotics to help correct your specific foot and body imbalance. You can help your Podiatrist by discussing any nagging foot, leg, or back problems, and even by simply asking if your feet could be part of the problem.

## Should I wear my custom orthotics all the time?

The longer you wear your custom orthotics the more benefit you will get out of them. If your daily activities vary to the extent that you change your footwear, then you should have a second pair of custom orthotics designed for that specific activity. (I.e. going to the gym after work)

## Why do my new custom orthotics feel uncomfortable?

Since the custom orthotic works to realign the structure of your foot you may feel pressure in some areas as the custom orthotic attempts to do its job. For this reason custom orthotics should be worn in gradually and slowly extend the wear time over a period of two weeks.

## What kind of shoe do I need for my custom orthotic?

Ideally for maximum benefit shoes with a fastener such as laced, Velcro or buckle fastened shoes with wide and deep toe boxes ( front part of shoe). Heel height 3/4" and with removable insoles. Trainers work well in this situation. custom orthotics can also be made to fit heels and court shoes and specific athletic footwear such as football boots or cycling shoes.

## Will my muscles get weaker wearing custom orthotics?

Custom orthotics will not reduce muscles tone. They will help position your foot so you will be using the right muscles at the right time, minimizing fatigue and allowing your muscles to be used more efficiently.

## What is involved

The podiatrist will assess you and check your footwear. A cast will then be taken of your feet.

This will be sent to the laboratory where your orthotics will be made and sent back for fitting.

After fitting you will need to gradually wear in the orthotics usually over a period of 10-14 days. Occasionally adjustments may need to be made to them and in which case they will be returned to the lab.

Once comfortable they can be worn for approximately 12-18 months before requiring refurbishment. This is needed because the orthotics do wear over time and if too worn will not be of benefit.

Review appointments are recommended every 3-6 months.

