



## **ORTHOTICS**

### **WHAT ARE ORTHOTICS?**

Orthotics are custom made devices prescribed by a podiatrist to fit inside your shoes. They help comfortably stabilise the foot, support the arch and correctly align foot posture.

### **HOW DO THEY WORK?**

Orthotics improves your overall foot and lower leg posture from the ground up. They are prescribed to improve the way your foot moves when standing, walking and running.

Research has proven that orthotics change forces and angles within the foot to improve muscle and bone alignment. This can improve your foot posture and help with balance and muscular control to assist with complaints such as foot pain, ankle injuries and symptomatic flat feet.

### **ORTHOTICS MAY ALSO HELP WITH:**

- Heel pain
- Achilles tendinopathies
- Plantar fasciitis
- High arched feet
- Bunions
- Pain in the ball of the foot
- Flat feet
- Ankle injuries
- Arthritis
- Muscular injuries of the foot
- Shock absorption

**Claire Eastbrook Podiatry** offers full custom EVA orthotics

### **WHY CHOOSE CUSTOM ORTHOTICS?**

1. The orthotics are made from casts of the feet
2. The end result is a unique orthotic for every client
3. Your podiatrists designs the orthotics specifically to your individual needs