



MEDICAL *foot* SOLUTIONS INNOVATIVE HEALING



What are Orthotics and Who Needs Them?

Foot orthoses or “*orthotics*” are prescribed medical devices designed to reduce or control abnormal motion of the foot. Typically, foot-related complications occur because the foot is attempting to compensate for an abnormal alignment of the foot or lower leg. These compensations will manifest themselves into a variety of ailments including:

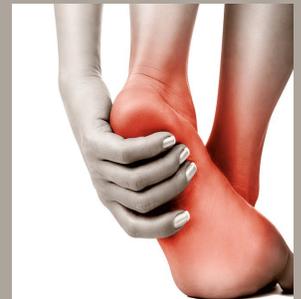
- Plantar Fasciitis
- Metatarsalgia
- Sesamoiditis
- Hammer toes
- Neuroma
- Painful callous
- Patello-femoral syndrome
- Anterior Tibial tendonitis
- Iliotibial band pain

Orthotics are generally constructed from a semi-rigid or rigid plastic, or a carbon fiber or other composite material. The unique properties of these materials allow them to flex repeatedly while still maintaining their original shape. These materials are so durable they generally do not need to be replaced because of excessive use. However, since the foot is so dynamic, subtle changes are continuously occurring and as a result the orthotics should be re-evaluated yearly to determine if the foot profile is still correctly mapping the orthotic contour.

Schedule a consultation at our Burlington or Milton clinic.

Stop suffering and get back to living!

Typical Symptoms



Initial First-Line Treatment



Burlington

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Milton

350 Main Street East
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Types of Orthotics

Functional Orthotics

- This type of orthotic is designed to control and/or limit abnormal motion, primarily, in the rear foot (the forefoot follows the rear foot). This device is prescribed for conditions such as: anterior tibial tendonitis (shin splints), plantar fasciitis (heel pain), ankle pain, and lower lumbar pain.

Accommodative Orthotics

- This orthotic is designed to manage areas of high pressure, typically under the metatarsals. The reduction in plantar pressure will reduce the development of corns and calluses, as well as symptoms such as metatarsalgia and sesamoiditis. This orthotic is best for patients with arthritis, diabetes, or a non reducible structural deformity of the foot.

Who is Qualified to Prescribe Orthotics?

Specialized professionals are required to design a fully functional orthotic. In Ontario there are only 400 specialists, known as Chiropodists/Podiatrists, who have the credentials to assess the foot and prescribe orthotics. Recent changes with most insurance plans dictate that only an MD/Chiropodist/Podiatrist can prescribe an orthotic and only a Chiropodist/Podiatrist can dispense the device.

What is Involved? The first step in making a custom-made orthotic is to create an accurate image of the foot, typically using Plaster-of-Paris. It is important to note, that during the casting process, the foot is non-weight-bearing and the subtalar joint is in a neutral position. In this position the rear foot and the ankle joint will have maximum congruency. (The forefoot will follow the rear foot). It is important to note that orthotics generated from pressure mats or foot tracings are ineffective because they do not capture the foot 3-dimensionally. Once a cast has been created, an orthotics can then be generated. Orthotics are typically manufactured from graphite (or a similar composite) or polypropylene. Only these materials have the correct properties to control abnormal motion of the foot while still maintaining sufficient flexibility for shock-absorption.



Stop suffering and get back to living! We can help!

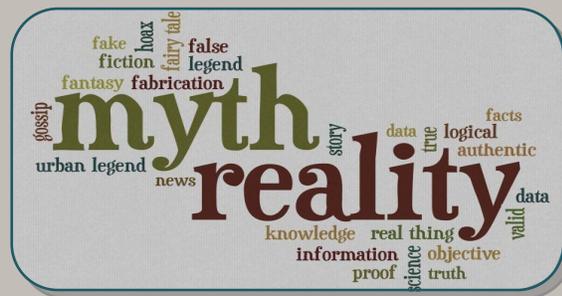
Schedule a consultation at Medical Foot Solutions.

Contact us at our Milton or Burlington clinic.

More than one million feet treated ...

At Medical Foot Solutions, we're always one step ahead. We opened our first clinic in Burlington, Ontario in 1999 with plans already forming for a second clinic in Milton, which opened in 2010. We have three provincially registered Chiropodists on staff and assess and treat more than 7,200 patients each year. Treatments range from general podiatric care and preventative maintenance to bio-mechanical assessments, diabetic wound debridement and soft tissue procedures. We also perform cutting-edge laser treatment and are one of only 3 clinics in Ontario qualified to perform the HyProCure® surgical procedure for correcting misaligned feet. Medical Foot Solutions is committed to providing the highest standard foot care.

If a patient is not completely satisfied, we offer a full refund. Referrals are always welcome.



Myth # 1 : "Orthotics are for Seniors"

Orthotics are often earmarked as being for older adults, excessively bulky, requiring unappealing orthopaedic shoes. Indeed, it's true older age brings with it the weakening of tendons and ligaments. However, conditions such as arthritis, foot dysfunction, and other foot-related ailments are seen in patients of all ages. It's not reserved to seniors! Patients of any age experiencing noticeable foot or lower limb pain from injury (*plantar fasciitis*), bunions, knee pain, or chronic pain (*arthritis*) are eligible for orthotics. Orthotics are effective across all age groups and remain a viable treatment for foot/lower limb conditions.

Myth # 2: Off the shelf devices are the same as custom

Grocery stores and drugstores often sell Off-the-shelf (OTS) devices and insoles. These can range from full-length memory foam insoles to small gel heel cups depending on preference. However, these insoles are generic and do not account for variations in a person's feet. They are not made for your feet. In some cases, pressure-mapping systems are implemented to estimate the right design but this computer-based system is unable to recognize the height of your arch. For this reason, it only manages to relay information pertaining to where the foot is pressing down.