Custom Made

Foot Orthotics

What are Custom Made Foot Orthotics used for?

An orthosis is a brace or splint, designed to help patients with a variety of different medical conditions. This is used to help them better manage day-to-day living, by increasing mobility and reducing pain where possible.

Orthotics can cover different areas of the body, and are simply named after the parts of the body that they are treating. Hence the term, 'custom made foot orthoses' in podiatry.

Why choose us?

At The Vale Clinic, providing you with a custom-made orthotic is not a stand-alone intervention. We approach your care from a holistic point of view, taking into consideration your biomechanical function together with using our state of the art three-dimensional (3D) advanced gait analysis technology to objectively and accurately analyse and diagnose your foot and lower limb pain or condition.

The results of your 3D gait analysis and musculoskeletal biomechanical assessment, gives a clear picture of your gait and biomechanical function, and are used to provide evidence-based treatment recommendations.

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What is my next step?

If you have been told you need orthotics, think you might need them, or you want to replace your existing ones, the first step will be to book a 3D gait analysis and musculoskeletal biomechanical assessment with one of our specialist podiatrists.

Your podiatrist may recommend a combination of interventions together with custom made orthotics.

Other interventions may include:

- Advice on the right type of footwear to help.
- An exercise programme for stretching and strengthening.
- Mobilisation and manipulation therapy.
- Shockwave therapy for tendinopathies and myofascial pain.
- Taping.
- You may require further investigation using diagnostic ultrasound or x-rays.
- A referral to another practitioner such as a physiotherapist or sports therapist for further care.

Not everyone needs an Orthotic, and if you do need them, an often common misconception is that they need to be used all the time and they cannot be removed from your shoes. The reality is that they can be beneficial for certain conditions, and the duration of use, depends on the problem and what you are trying to achieve with your treatment goals.

For more information, contact us at Tel. 0118 304 9389 or book online