

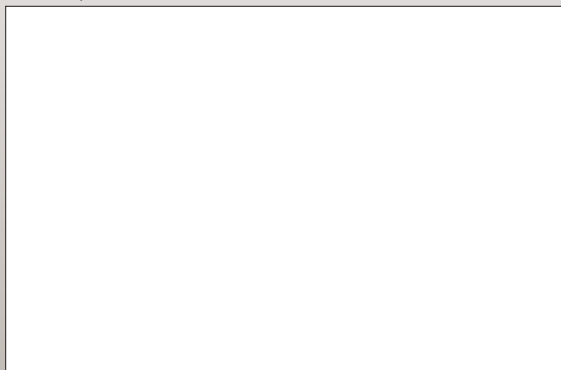


## Off-the-shelf

Off-the-Shelf devices are most commonly found in retail drug, sports and shoe stores as well as some specialty shops. Some foot health care professionals recommend them for minor foot problems.

Prior to any type of orthotic therapy, you should have a complete biomechanical evaluation by a regulated chiroprapist/podiatrist.

Courtesy of



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# FOOT NOTES

## ORTHOTICS

Custom foot orthotics are prescription medical devices, designed to adjust and control the functions of the foot and its alignment with the lower leg. They are used to treat/ prevent injury-causing motions including excessive pronation (rolling in) and supination (rolling out) and make standing, walking and running more efficient.

### ALL ORTHOTICS ARE NOT CREATED EQUAL

Many different kinds of in-shoe devices are referred to as "Orthotics". You'll see "Orthotics" in TV infomercials, stands at consumer shows and in a growing number of retail shops. Arch supports and insoles sold in drug, sports and shoe stores are increasingly referred to as "Orthotics". Then there are the orthotics that chiroprapist/podiatrist's prescribe for their patients.

For most consumers, telling the difference between the various types of orthotics (and making an informed decision) is a challenge. Recognizing slick sales "spin" and separating it from the facts can be even more challenging. The following is some information that may help.

## THERE ARE THREE COMMON TYPES OF FOOT ORTHOTICS:

### Custom

Custom foot orthotics are prescription medical devices, designed to adjust and control the functions of the foot and its alignment with the lower leg. They are used to treat/prevent injury-causing motions including excessive pronation (rolling in) and supination (rolling out) and make standing, walking and running more efficient. Some custom orthotics are designed to redistribute pressure on the bottoms of your feet to alleviate pain from corns, callouses or bony prominences.



Genuine custom foot orthotics are made by starting with a thorough exam by a qualified chiropodist/ podiatrist, followed by the taking of impressions using plaster of paris, and by the completion of a detailed prescription form. Your casts and prescription form are then sent to a professional laboratory where your orthotics are made by technicians with appropriate training and qualifications.

### Customized

Customized devices are relatively new in the market and can be difficult to distinguish from genuine custom ones. They are commonly a product of computerized force platform information and are typically made by modifying and/or adding components to a pre-manufactured insole. Unfortunately, they are often marketed as "custom" and sold at similar prices. One way to tell the difference between custom and customized devices: If a plaster cast or 3D scan cast is not taken of your feet, you won't be getting genuine custom orthotics. Walking or standing on a force platform with a colourful graphic display is an excellent way to evaluate some aspects of foot function and pressure distribution. In qualified hands, force platforms can be useful diagnostic tools but they are incapable of capturing true, three dimensional impressions of your feet. Beware of the slick sales "spin". If there is no cast, it can't be custom.