

## WHAT CONDITIONS MAY BE HELPED?

### Symptoms of poor foot function:

- Foot pain
- Arch or heel pain
- Leg & knee pain
- Lower back pain
- Bunions & blisters
- Toe deformities
- Calluses & corns

## WHY DO I NEED AN INSOLE?

Think of your feet in a similar way to the foundation of your home. Everything above the foundation is dependant upon it and your feet are no different. If your foot is misaligned or there is increased stress and force placed upon them, wear and tear is more prominent due to the extra demand placed upon them.



## DO YOU SUFFER FROM

# FOOT KNEE HIP BACK

# PAIN?

feet in focus

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OT KNEE HIP BACK **FOOT**

## OT KNEE

## E HIP

## BACK

## CAUSES OF YOUR PAIN?

When you walk the first point of contact with the ground is your feet. If your foot is misaligned and rolls too far one way or the other, this causes a chain reaction up your lower limb; from your foot through your knee, into your hip and into your lower back. This chain reaction can cause the body to compensate for the misalignment which can be the cause of pain in any area of the lower limb and back.

## TREATMENT AVAILABLE?

The most effective treatment method for this type of problem is a custom made orthotic. An orthotic is made solely for your purpose, with the exact correction you require. They work by realigning and aiding the foot for normal function.



This figure shows how an orthotic can correct misalignment.

## HOW ARE ORTHOSES MADE?

Any custom made orthotic will require a prescription to be taken by a practitioner with the corrections required, partnered by a cast impression of your foot, this helps to match your arch profile for the orthotic (*figure 2*). Your custom made insole will then be made by an orthotic manufacturer using the direction given from your prescription. This ensures you get the most effective treatment possible.



Figure 2

## WHO CAN BENEFIT FROM A CUSTOM MADE ORTHOTIC?

A custom made orthotic is suitable for people of all ages and requirements. They are tailor made to your particular needs; thus meaning elite sportsmen through to the less mobile can benefit from the effects of having a custom made orthotic. Children can also benefit from the extra level of support during their development; helping to prevent the occurrence of a misalignment.

## WHAT DO I DO NEXT?

Speak to your nearest health care professional (details on the back page), to see how a custom made orthotic could be beneficial for you.

DON'T LET PAIN STOP YOU IN YOUR TRACKS!

VISIT YOUR PRACTITIONER TODAY!

