

CUSTOM FOOT ORTHOTICS (ARCH SUPPORTS)



FOOT SMART FOCUS PATIENT INFORMATION SHEET

What are custom orthotics?

Custom orthotics are specially made medical in-shoe device which we make to correct problems with how your foot may be functioning. They enable us to reduce tissue stress to let injured parts of your foot or leg to heal. They also enable us to prevent further injury, and prevent your current injury from reoccurring.



How are custom orthotics made?

At Pioneer Podiatry, we use the latest cutting edge technology to make your custom foot orthoses. We use various methods to obtain a 3D model of your foot, including optical scans, plaster casts or foam impression, whichever is most appropriate for your situation. We then digitally edit this model with CAD software to add the specific variables necessary for the treatment of your condition.

Generally your orthotics will be ready within 2 weeks for fitting into the appropriate shoes.

Do custom orthotics work?

The use of arch supports has been used in medicine for over 100 years to effectively treat many conditions. From simple beginnings, the science of bio-mechanics has increasingly evolved to enhance the understanding of the effective use of custom orthotics in today's evidence based medicine.

At Pioneer Podiatry, we strive for ethical and evidence based care. Significant research into the use of custom foot orthotics has shown them to be very effective for many common foot conditions. At Pioneer Pioneer, we have the experience and technology to design you the best device available, using whatever materials are best suited to your needs, and not just what suits us! Our core values dictate that you will always receive the right advice and the most appropriate treatment plan, and never be given unnecessary treatment. Custom foot orthoses, when constructed correctly, should provide you with many years of use.

More questions? call us or check out our website.

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PIONEERPODIATRY.COM.AU

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PioneerPodiatry

FOR THE DOCTOR CLINICAL PRACTICE GUIDELINE

How do orthotics work?

Orthotic therapy works by reducing stress/ strain in symptomatic tissues. This is why custom orthotics are usually preferable to generic arch supports, because they are specifically designed for your foot and your injury.

What does it cost to get custom orthotics?

As a general guide, the total treatment cost for one pair of custom orthotics will be between \$600- \$800, depending on the type of orthotic made, the materials it is made from, the assessments required and the number of consultations necessary. Generally, a pair of custom orthotics should last at least 2 years, but average life span is more like 3-5 years, depending again on the type of orthotic and the materials used. It is not uncommon to see orthotics that are 10 years old still going strong!

Private health rebates are provided by most health funds to contribute towards the cost of custom orthotics. Contact your health fund directly if you wish to know if you are covered.



We have comprehensive Clinical Practice Guidelines on our website for this condition, including videos, more details, and literature references.