



Orthotics

What are they?

Orthotics are prescription footbeds that your doctor will make custom for you. This way they will fit you and address your foot problem by taking into account your activities, shoe selection and foot pathology. They will fit in a variety of (but not all!) your shoes.

What do they treat?

Orthotics are frequently used in the treatment of heel spurs, bunions, flatfoot conditions, diabetes, postural symptoms, metatarsalgia, neuromas and tendinitis, they can be used in to control knee and low back pain in certain conditions.

The Orthotic visit

Your doctor will examine your foot biomechanically, checking for flexibility, range of motion, stance and gait. You will then be required to stand on the biometric treadmill (some but not all patients will need to walk while on the treadmill). The scans from the treadmill and the changes made by the physician will then be sent to the Vulcan CNC Milling Machine. The Vulcan machine will then create your custom orthotics. The physician will then clean the edges and place them in your shoes.

We suggest bringing in a few (not all!) of your shoes to try out. The fit to your foot and shoes will be assessed and you will be given some brief instructions as to the break in period. We will then make an appointment for one month away to evaluate how well your orthotic is working. At this time the physician can decide if a top cover is necessary for your orthotic.

“Many patients prefer an extra pair of orthotics for dress shoes, athletic shoes or sandals.”

Adjustments/ Longevity

While most orthotics need very little in the way of adjustments, some may require a few changes to make them work the best for you. We sometimes need to ‘tinker’ with them to get them just right for your foot type and shoe selection. If they are fitting and working well, we suggest coming back for yearly orthotic checks to assess wear. Orthotics should be inspected and replaced as needed (we recommend replacing them yearly)

Cost

Custom Orthotics are \$185 here at A Step Ahead FL. If you choose to have additional pairs for other shoes, the additional pairs will be \$100 per pair.

Insurance coverage:

Insurance companies will not cover the cost of the orthotics. You can however submit them to your insurance yourself and try to be reimbursed. Our office will gladly help you with the paperwork needed. Health Savings Accounts can be used to purchase orthotics.