

Bellevue Podiatric Physicians

What are they?

'Orthotics' are prescription footbeds that your doctor will have made from a cast mold of your foot. 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.

Custom molded Orthotics

"While most custom orthotics are rigid, many are very soft and flexible"

Insurance coverage:

Some insurance companies will cover the cost of the orthotics. Our staff will be happy to check for you, but keep in mind that this is never a guarantee of payment.

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

With your first set of orthotics you will receive a pair of wooden models of your feet. You can use this at any time to easily order another set of orthotics

The examination and casting visit

Your doctor will examine your foot biomechanically, checking for flexibility, range of motion, stance and gait. These factors will affect the prescription of your custom molded orthotics. **We recommend wearing shorts or loose fitting sweat pants to this visit.**

Picking up the orthotics

About two weeks after your casting visit, we will call you to come in and try out your new orthotics. 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 written and oral 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.

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. Many orthotics last years and years before needing replacement, but they do need to be refurbished about every other year. This requires a small fee and a couple of weeks to renew your orthotic devices.