

FAQ

1) I have just got new orthotics, how long should they last

This will vary dependant on many factors including your height, weight and activity. Orthotics should be re-assessed every eighteen months to two years. It is important to remember that your feet change over time, so the Orthotics may need to be adjusted. It is quite probable that they may not need to be altered every time you have them checked, but we would recommend you speak to us after 18 months or sooner if you feel that you are not getting the same support from the orthotics as you were at the time of dispensing.

2) My orthotics seemed to solve my shin splints, but now they have come back, what has caused this?

There could be many reasons for this. It is possible that your feet have changed and your Orthotic prescription needs to be checked. The other common cause of this is that your shoes have worn out and need to be replaced, you should visit a specialist to have the orthotic and the footwear assessed.

3) I have been told by my Physiotherapist that my feet pronate, would Orthotics help me?

Orthotics are designed to help people who pronate excessively or at the wrong time of gait. Pronation can be the reason for many lower extremity problems and several problems in the back and neck; this is why your physiotherapist may have suggested Orthotics as part of your treatment. Your physiotherapist should be able to refer you to us for an assessment.

4) I have one leg that is slightly longer than the other. Can Orthotics help me?

Orthotics may well help this problem, as the feet often change to accommodate for the leg length discrepancy, which in turn may cause symptoms such as back pain, hip, and knee or ankle pain. A full assessment of lower limb joint ranges of motion along with a functional gait assessment to determine how much the difference is and the best method of treating it. This may involve a lift being built into your shoes for larger differences or attached to an orthotic for lesser differences. Sometimes an orthotic alone can solve the problem by reducing the excess pronation which can cause the impression of the difference in length.

5) I get a lot of pain in my legs when I run, can you help?

If running results in pain it is always best to stop and go and see your physiotherapist or GP they can refer you on to a Specialist orthotics & footwear clinic for further help if this is required.

6) I need new shoes for sport, what should I buy?

If you only participate in any one sport on an occasional basis then a good cross trainer is suitable, if however you participate in the same sport more than twice a week then buy a shoe specifically for that sport. Some sports shops have staff that can advise you as to the best shoes for you, if in doubt see a Certified Pedorthist who is trained to fit you for the correct shoes and fit any orthotics that you may require.

7) My GP says that I have very flat feet. Is it possible that Orthotics will help me?

The term "Flat feet" is a very general term, however often it means that the arch of your foot has dropped, often this can lead to pain, poor foot function and bad posture. Orthotics can help establish good foot function and alignment and will support your feet, which in turn helps with your posture, so in general the answer is yes, but you should be assessed by a professional.

9) Will my Orthotics fit in all my shoes?

Not necessarily, it depends on the style of your Orthotics, sports orthotics tend to be a little bulkier than those designed for dress shoes. It is also worth noting that footwear can alter the effectiveness of your Orthotics, therefore it is very important to wear the correct style of shoes with your Orthotics. We can advise you about this when you first get assessed for your orthotics.

10) I have had orthotics before which hurt, if they are meant to help me why did this happen, and why won't it happen again?

There are several factors that could cause an orthotic to be uncomfortable, the three most common are: the material that was used may have been too hard for you, the person who assessed you made a measurement error or the lab that made the orthotics made an error.

At Solutions 4 Feet most of our orthotics are made from semi rigid materials, these allow a small amount of movement and are therefore tolerated better by your feet, they may not give the harsh control of a rigid device but this level of control is only required for the most severe problems. One of the other factors that make our orthotics easier to wear is the fact we build them with you in the room, we use your feet as the mould, so you do not have to wait several weeks to get your orthotics. Our semi rigid devices are also very easy to modify should you have any problems.