

North Perth

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Orthotics

Orthotics have been an integral part in the treatment of various foot and lower leg problems by correcting malposition or reducing the ill effects of faulty biomechanics.

Research in this field has led to advancements in the understanding of the biomechanics of foot function and hence improved rationale with treatment regimes. Foot orthoses have proved to be an important adjunctive or primary therapy for many individuals.

Orthotics are of either rigid, semi rigid or flexible in design and manufacture. **This depends on the foot type and amount of control required.** In some cases a rigid device may not be required but the podiatrist, following assessment, determines the appropriate course.

Pre manufactured insoles are used in some situations which can assist in certain circumstances where indicated, with the Podiatrist incorporating possible modifications. These are often used as a diagnostic indicator for more permanent devices.

Custom prescription Orthotic devices have **greater efficacy.**

Prescription of orthotic devices requires biomechanical assessment by the Podiatrist to determine the problem to be addressed.

Biomechanics is the study of the mechanical and physical laws which determines the way in which our body moves and functions. Problems can arise if the mechanical relationship between the foot, ankle, knee, hip and lower back is not correct. This includes both bony alignment and muscle function. These biomechanical anomalies can be rectified once identified.

Following the biomechanical and musculoskeletal assessment of the lower limb and foot, an impression or computer scan of the foot is taken. The Podiatrist then prepares this for prescription and custom manufacture of the orthotic devices in the Podiatry Orthotic Lab.



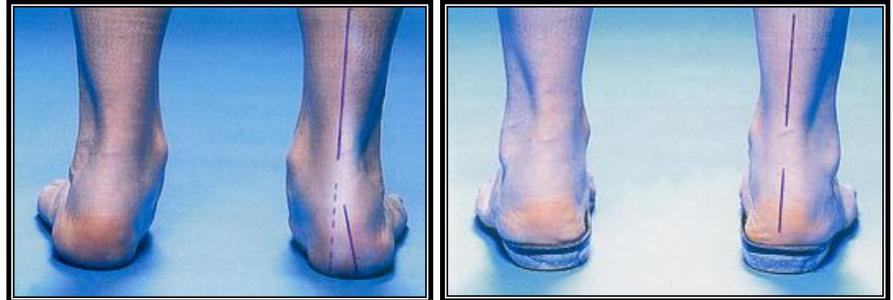
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Biomechanical assessment of the lower limb is an integral part in the management of recreational and elite athletes in order to identify any predisposing factor to injury. You will note that many athletes or sports men and women use strapping and taping to minimise injury. In the same way, athletes with predisposing factors are often issued with custom devices to maximise them having a more appropriate lower limb alignment and function.



Before orthotics – flat feet

Correction with custom orthotics

SOME COMMON CONDITIONS ASSISTED BY ORTHOTICS

- **Heel Pain**
- **Foot and Ankle Pain and Recurrent Sprains**
- **Flat Feet**
- **Imbalance**
- **Achilles Tendonitis**
- **Other Tendonitis**
- **Shin Pain**
- **Knee Pain**
- **Hip Pain**
- **Lower Back pain**
- **Limb Length Imbalance**
- **Bunions and Clawed toes**
- **Morton's Neuroma**