

Orthotics

Are they the answer to your foot,
leg or back pain?



Do you need your feet and lower limbs assessed
for improved alignment?

Do you experience chronic foot or heel pain?

Are your shoes wearing unevenly or excessively?

Are you looking to optimise or improve your
quality of life?

A visit to our Podiatrist can help!



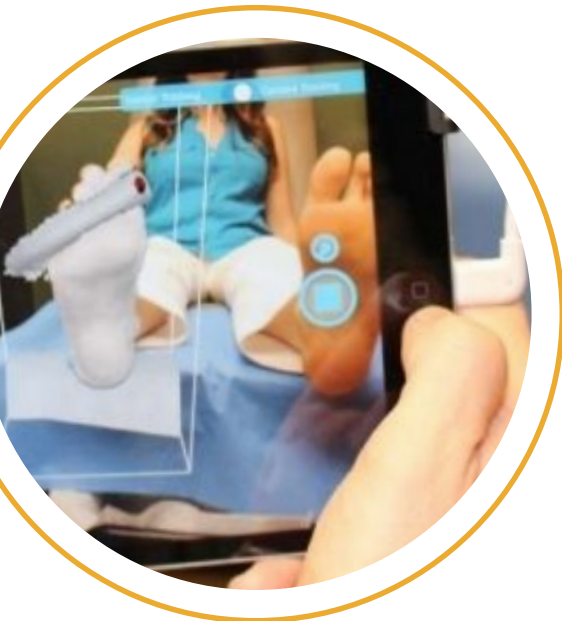
WHAT ARE ORTHOTICS?



A functional foot orthotic is a prescription medical device worn inside the shoe. It is used to control abnormal forces commonly resulting in musculoskeletal breakdown and injury.

By recognising and adjusting these abnormal forces your podiatrist is able to reduce the mechanical load on muscles, tendons, ligaments, joints and bone. This may help to alleviate pain and improve lower limb function.

Orthoses provided by PDC Health Hub are custom made to each foot, meaning they are tailored to your individual biomechanical needs. Orthoses are designed to go into shoes to support, align and improve the way the foot functions.



CUSTOM ORTHOTICS CONSULTS

Orthotic consultations include a full biomechanical assessment and neutral foot casting.

You can expect:

- A thorough assessment of your lower limb structure and function.
- Looking at your feet and how the rest of your body compensates when you stand, and walk.
- Assessment of your feet and legs by putting them in different positions when sitting, lying down or standing.
- Looking at your shoes and discussing options.
- Neutral foot casts or a 3D scan taken.
- The podiatrist will then complete a prescription for a pair of orthotics to be made.
- Foot wear options and an exercise program may also be discussed.



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