

# “Tired Feet, Foot Pain”

## Custom Foot Orthotics May be your Answer.

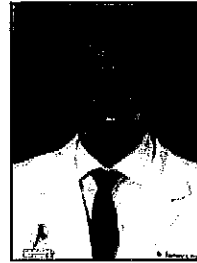
The fact is people today are living much longer. We all place great demands on our feet over a lifetime. Foot pain can slow you down and interfere with your goals. Limited activity and mobility will have a negative influence on your overall health. Prescription molded foot orthotics are one of the best ways to balance feet and keep you on the road to better health and an active lifestyle.

How many times have you heard someone say, “I wish my feet were in a better condition”, “I wish my feet didn’t hurt so much”, “My doctor wants me to be more active and walk more for health”, or “My feet hurt and they keep me from doing the things I want to do”. As we age, we encounter more foot problems. There are high-pressure areas, which result in pain and inflammation. Corns and calluses are a result of high pressures on specific areas of your feet. Imbalances can cause tendons and muscles to be over-used resulting in tendonitis and swelling. Higher levels of stress on a particular bone can result in a stress fracture. Some of the more serious foot problems will put an end to any exercise or walking program. The bottom line is, exercise and activity can be the best form of medicine available to us. The fact is, that if your feet hurt, it will be difficult to engage in any exercise or activity program.

Proper shoes and a good fit are key in maintaining overall foot comfort. Often, shoes alone are not enough. A custom orthotic is one of the best tools for addressing specific problem areas and imbalances. These special devices can help reduce stress on an area. They can act by balancing the foot, reducing stress on specific structures and alleviating pressure on problem areas. They are used to treat many problems including: plantar fasciitis, heel pain, Achilles tendonitis, posterior tibial tendonitis and peroneal tendonitis. Accommodations can be incorporated into the custom orthotic, alleviating pressure, which causes corns and calluses. Custom molded orthotics are one of the best ways to help reduce the chance of stress fractures in individuals who have low bone density, including conditions such as osteoporosis. Orthotics can also include lifts to address limb length differences. Limb length differences can be a result of joint replacements. Often, limb length differences, as well as other foot problems, can play a role in ankle, knee, hip, as well as back problems. Remember, it all starts from the ground. Foot mechanics and overall balance can affect your entire alignment. Orthotics are one of the best tools. They are the best medical option to affectively balance your feet when shoes just aren’t enough.

It all starts with a good evaluation by your podiatric physician. He has extensive training in foot mechanics and foot problems. His training also includes an understanding of custom orthotics and their use in treating foot ailments. There is often additional training in orthotic and brace fabrication. Most physicians will be capable of treating symptoms and alleviating discomfort with the use of medications.

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**FACTS**



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Your podiatric physician will go a step further and treat the underlying cause and mechanics responsible for your pain and discomfort. That prescription orthotic is the answer to persistent mechanical and many structural problems.

Once a decision is made to proceed with an orthotic device, a mold is created of a patient’s foot. Once the mold is complete, materials are heated and pressed to this mold. They are cut, shaped and ground as needed for an exact fit. Special pads and accommodations can be added to the orthotic to also help balance the foot and eliminate high-pressure areas. Specific instructions (Prescriptions) are sent along to the lab to specifically direct the process from start to completion.

There are many new types of materials, choices and options that are very complex. It is very important for the patient and doctor to have a detailed discussion about shoe styles and activity, as well as specific sports, occupational and other activities. This helps in the selection process and the formulation of the prescription to the lab. Patients with arthritis, diabetes, and other medical problems need special consideration in the selection of orthotic materials. It is important to note that when materials with a higher level of cushioning are used, there will be a need for more space in a shoe.

It is true that an active lifestyle and exercise is good medicine. Our job at AFFC is to eliminate foot pain. Orthotics are one of our best tools to address specific mechanical and structural problems of the foot. A balanced, pain-free foot will make it possible for a person to engage in a higher level of activity. Maintaining an active lifestyle has added health benefits; don’t let foot pain interfere with your daily activity goals. Eliminate foot pain and start your program. Invest in your health.

*For more information regarding prescription orthotics, visit the Allentown Family Foot Care website at [www.affc.com](http://www.affc.com). There are several articles and blogs on custom foot orthotics. There is also a virtual library referring to many foot problems as well as suggestions. If you have a problem that is keeping you from doing the things you wish, call Allentown Family Foot Care today at 610-434-7000 to schedule an appointment. Saturday and same day appointments are available! There’s no reason to let foot pain stop you from doing the things you want to do.*