

## THE RESULTS

For an orthotic to be successful we need to see improvements in foot posture and function, comfort and practicality for everyday use. Our team of experienced clinicians welcome the opportunity to discuss orthotics in more detail and provide advice to those suffering with foot problems, lower limb biomechanical issues and athletes.

### Mediclinic custom orthotics:

- Conforms perfectly to your corrected arch for support
- Custom calibrated to your weight and activity levels
- Engineered to actually control foot function, not just cushion it
- Captures the foot in the ideal position for weight-bearing activities
- Top quality materials

**For a professional consultation please contact Mediclinic Orthotic Services on 04 555 9122 / 056 226 7104 or email [mcme.oandp@mediclinic.ae](mailto:mcme.oandp@mediclinic.ae)**

The information in this handout provides a general overview on this topic and may not apply to everyone. To find out if it applies to you and to get more information on this subject, consult your certified medical practitioner.

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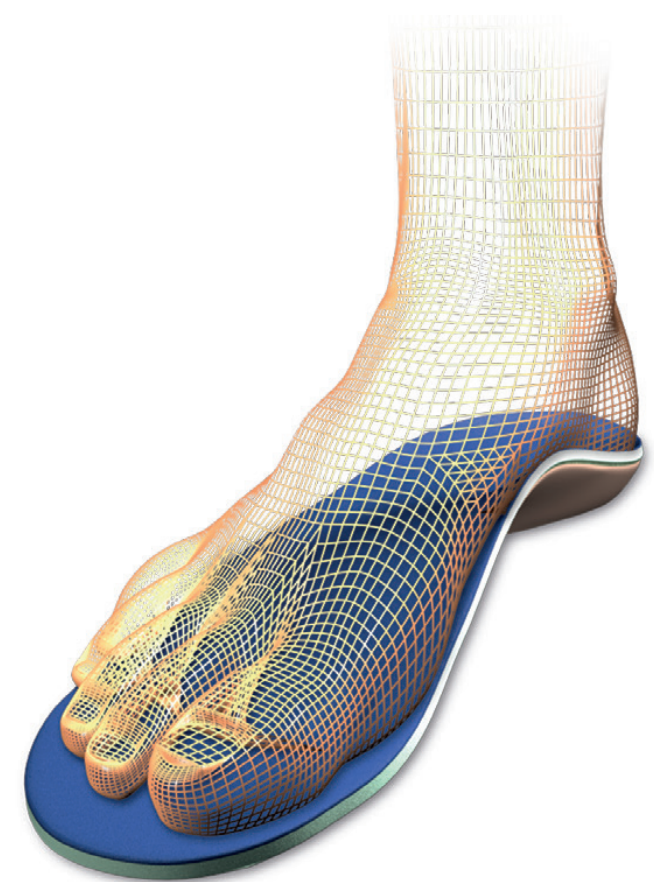


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## WHY CUSTOM FOOT ORTHOTICS



## FOOT PAIN AND ORTHOTICS

With all the different products advertised for relief of foot pain and deformities, picking the right one for your needs can be confusing and difficult. The vast majority of products currently sold as foot pain solutions are not evidence-based, especially in eliminating the problem long-term. So how do you find what is right and effective for you?

### THE MAIN PROBLEM: OVER-PRONATION (FLAT FEET)

If you are like the majority of people with some degree of arch loss, either from birth or over time, there are some important facts you need to know before you can make an informed decision. All of the common foot problems, such as bunions, plantar fasciitis, metatarsalgia, calluses and corns etc. are usually related to a lack of enough arch in the foot when we are standing, walking and running (weight-bearing activities). In fact, knee, hip and back issues often have a direct relation to poor foot posture as well.

There are a number of reasons why most of us have some degree of flat feet, and why we start facing issues as we age. Though each person's case is individual, these factors result in the ligaments that support the bones of the foot getting stretched and the arch dropping. The resulting poor foot posture means the joints, ligaments and muscle function are compromised, including at the ankle, knee and further up the chain.

### STANDARD CUSTOM ORTHOTICS

Standard custom orthotics typically use wedges under the heel and forefoot to try to correct foot function. Usually the arches in these orthotics are insufficient or the material it is made from is too soft to maintain the required support. More importantly these standard orthotics fail to change and improve foot posture.

### MEDICLINIC CUSTOM ORTHOTICS

Mediclinic prides itself in providing the best possible custom foot orthotic solutions. Our clinicians follow a detailed assessment and biomechanical screening protocol that may include gait and running analysis. Orthotics are made using industry leading methods. The process starts off with capturing the foot in the best possible anatomical position, and manufacturing a dynamic orthotic that maintains this foot posture comfortably and effectively.



### OTHER PROBLEMS: OVER-SUPINATION (HIGH-ARCHED, RIGID FEET)

A small percentage of people have the opposite problem: their arches are too high and rigid due to tight bone structure. Their feet are very poor shock absorbers and all the force of body weight and gravity is concentrated on a few points at the bottom of their feet. In these cases a full contact custom orthotic design is effective and redistributes foot pressure evenly across the entire sole of the foot.

