

Custom Orthotics

What are Custom Foot Orthotics?

Your feet are the foundation to your knees, hips, and spine. Here at Clinix we specialize in the evaluation, casting and fitting for custom foot orthotics. Custom foot orthotics, as opposed to shoe inserts or arch supports, are tailored devices that are transferable between your shoes and created from a very specific impression of your feet. They can be made of various materials to include modern flexible plastics, rigid plastics, foam, or cork.

The purpose of custom orthotics are to provide a tailored arch support that not only eliminate pain involving the feet, knees, and lowback, but can prevent and eliminate deformity and/or arthritis, as well as help improve balance and stability.

Benefits:

- Pain Elimination and Prevention: arch, heel, bunions, ankle tendonitis, shin splints, illiotibial band syndrome, hip, and lowback pain, hammertoes, corns, big toe arthritis
- Better balance and stability
- Eliminate fatigue associated with being on feet for too long
- Improve exercise: walk and run farther, longer, and faster
- Eliminate the need for many surgeries
- Improve the fit of shoes, particularly for wide feet
- Increase the longevity of your shoes

Who would benefit?

Anyone with feet! Also, anyone who has tried other orthotics and still have pain or are not satisfied with the results. Our specialists use technology that provides the answer to why many other supports have not been completely successful.

Children have feet too! This is an optimal age to provide proper support for their growing and developing structure.

Structural problems actually begin during younger years without the complaint of pain usually until an increase in sports activity or into the 20s or 30s. Today we are seeing an increase in collapsed arches and knocked knee deformity in children and young adults associated with poor shoe support (ie. flip flops, high heels, wearing shoes open). This is also associated with a lack of exercise activity seen in our children of today which results in tightening and loss of strength of the muscles of the lower leg. Childhood obesity is on the rise. Weight gain and grow spurts result in a terrible amount of impact through the feet especially when their muscles aren't able to withstand.

Call Clinix today to schedule a complimentary 15 minute consult with one of our specialists to see if orthotics may be appropriate! Call us today ☎ at: 303.721.9984

What can a patient expect?

We require an appointment to specifically evaluate your concerns to determine and discuss a range of treatment options that are right for you. Often times a short series of treatments involving manipulation, physical therapy modalities, or exercises may be helpful. An evaluation usually consists of evaluating the feet, knees, and/or lowback to find your structural imbalances and the cause of your concerns, as well as determine how specifically your orthotics should be made should you decide to do so.

Our practitioners can cast you the same day and in a couple of weeks you will have more bounce in your step!

Payment Options:

Due to the technology of the orthotics that our specialists use, Clinix is not responsible for billing insurance. Please schedule a 15 minute consult with one of our specialists so that they can help you understand what your options are.

How should a patient schedule?

If you are new or an existing patient at Clinix, contact us to schedule and let us know what you need to be seen for and which of our specialists you are interested in seeing. If you have concerns you may ask to leave a message for a specialist to call you back.

How should a patient prepare for a scheduled appointment?

Bring any arch supports, inserts or orthotics that you have used. In designing your orthotic, it can be helpful to know the heel height that you generally wear and if you carry additional weight regularly during your day and the amount.

Meet our Chiropractors