

# Preferred Post

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## Custom Foot Orthotics Optimize Recovery, Prevent Additional Problems

Orthotics are orthopedic devices and designed to treat or adjust various biomechanical foot disorders that can occur naturally or due to an injury. Prefabricated, mass-produced orthotics found in stores can actually cause more problems than they solve. The best orthotics are customized for the individual in order to correct specific problems or needs, and fall into one of four categories:

- Functional – wedges that adjust the heel or forefoot to correct pronation (flattening of the arch) or supination (arch that is too high).
- Weight-dispersive or accommodative – relieve pain caused by excessive pressure, pain, sores or chronic inflammation, and typically feature padding.

- Supportive – arch supports that treat problems with the plantar arch.
- Easy childhood – devices that correct biomechanical walking problems in young children and include splints, gait plates or night bars.

Custom orthotics – such as those supplied by Preferred Medical Network – are typically made starting with a cast of the patient's foot. Lab technicians then customize the orthotic for the patient to the specifications prescribed by the physician, using the cast. Benefits of orthotics include relief of foot, knee, hip or lower back pain from an injury



or sprain. Podiatrists can assess the patient's needs by consultation and evaluation, also conducting a gait analysis and potentially taking or reviewing x-rays.

### Did you know...



that walking puts up to 1.5 times a person's body weight on the foot? In fact, during one hour of strenuous exercise, feet cushion up to one million pounds of pressure. Consequently, foot pain should not be ignored especially since it's critical to the biomechanical function of the ankle, hip, knee and back and can lead to additional – but avoidable – health problems and pain in these other areas, directly impacting quality of life.

Preferred Medical Network offers complete services and products to aid in the recovery of your injured worker. Contact us to discover our quality products at substantial cost savings.