



ORTHOTICS

**WHAT YOU MUST KNOW
BEFORE YOU PART WITH YOUR
HARD EARNED MONEY**

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ABOUT THE AUTHOR

Peter Gauntlett is a Health and Care Professions Council (HCPC) registered Podiatrist. After graduating in 2008 he has worked in private practice. His Foot Clinic has received awards for excellence and also been rated as one of the best three podiatry clinics in London. He maintains high standards of care and excellence in all his treatments.

Orthotics – Key Points To Know Before You Part With Your Hard Earned Money

1

Orthotics are rarely for life.

Some people get the impression that because it is a medical device they will need to wear it all their life. This is rarely true. Most patients can wean themselves off the devices providing they follow the advice given them for their long term care. This could be some simple exercises, and or wearing the type of foot wear that is best for them.

The strength and conditioning of the leg is assessed to ensure that symptoms don't return if they decide to remove an orthotic. Generally speaking most patients wear their orthotics between 18-36 months.

2

I don't have to wear my orthotics all day every day.

This is a common query and the answer to that is that it's advised to wear your orthotics every day until your issue has resolved.

After this time has passed they can wear their orthotics for a walk or if they stand a lot in work. Wearing them at home is also a good idea.

Once you become pain free wearing your orthotics most of the time will reduce the risk of the pain returning. When you are pain free you can more easily wear your less sensible shoes when you are on a night out or you are going out shopping.

3

If I have flat feet should I get an orthotic

This misconception is common in that it was widely believed that a high arch was good and a low arch was bad. Research has shown this not to be true.

Most feet will 'roll down' or pronate. This movement is needed for many different reasons, one being shock absorption. Imagine taking the suspension off your car!

4

Will My Foot Shape Go Back To Normal

Many people ask if their foot shape will change if they wear an orthotic. This is not the case. Once a patient has worn an orthotic for a while, and they are pain free they may think that their foot has changed shape. It doesn't work like that. The orthotic doesn't work in that way. The orthotic changes the forces around the foot to help you get pain free, but does not change your foot shape. There is no normal foot shape in that respect.

5

Over the Counter Vs. Custom Orthotics

Over the counter orthotics are usually worn for shorter time periods, up to six or seven months. Custom orthotics are issued for more complex problems and for patients who would need to wear their orthotics for a little longer to get better. A custom orthotic is made from more specialised material and to your foot specification. The materials are longer lasting and are much better at controlling the damaging foot mechanics that got you in pain in the first place. Ask a podiatrist which type is more suitable for you.

Be aware, that you in this country can issue patients with orthotics without a formal qualification!!

6

See your Podiatrist

The best person to decide if you need an orthotic is a podiatrist. A podiatrist is a University Trained Medical Specialist in resolving Foot And Leg disorders and has a degree in Podiatric Medicine (medicine of the foot).

Just imagine being pain free and being able to enjoy all the things you like doing. So... there are your points you should know and consider BEFORE you spend your hard earned money on Orthotics.

There is lots more to write about, but these are the basics. In the next few days and weeks ahead I'll send you more tips and advice on how you can rid yourself of foot pain with the help of the Podiatry profession.

Hopefully this is the beginning of a partnership where we are here to help achieve your goals such as going shopping or charity walk in nature.

I am so confident of our ability and knowledge that I offer 100% Money Back Guarantee of Satisfaction with all custom orthotics.

Look forward to getting you back on your feet.

- Peter Gauntlett

We are offering free Orthotic consultations....

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