Does my insurance cover them? Despite the effectiveness of orthotics in alleviating mechanical problems and lessening pain in most cases, orthotics are not covered. Letters of medical necessity are often sent to the insurance company to attempt to get them to cover them. Orthotics can also be a great alternative to surgery in many cases yet still insurance companies may deny them.

What is the cost? The cost of a pair of orthotics is between $350 and $400.

Consult our specialists today if you would like to learn more about Orthotic Therapy.
What is the function of the foot?
The foot functions as a primary “shock absorber” of the body. When the foot hits the ground it adapts to any ground surface. The foot also acts as a “rigid lever” and allows the foot to effectively push off during walking or running.

What do my feet have to do with pain in my ankles, legs, knees and lower back?
Your feet have a direct impact on the rest of your body. Like the foundation of a house, your feet support the weight of everything above them. When a small problem develops in your feet, a subtle change in the way you walk will cause a chain reaction in your posture. These changes can put stress on joints higher up in your body that may lead to secondary problems.

A custom orthotic from the physicians at Foot, Ankle & Leg Specialists of South Florida will help reduce pain and discomfort by enhancing your body’s natural movements.

What are orthotics?
Orthotics are a custom-made insoles. They are constructed from a plaster impression of the foot. Orthotics are made for different types of shoes. They can be made specific to your activities, including:
- Sneakers
- Cleats
- Work shoes
- Cycling shoes
- Heels
- Flats
- Boots
- Running Shoes

How do I get them and how are they used?
An appointment is made with one of the physicians at Foot Ankle and Leg Specialists. A thorough exam is performed to evaluate the lower extremity which includes range of motion, muscle strength, stability and observation of gait. A foot impression is made with plaster. The plaster cast is sent to a lab and the device with all its modifications is sent back to our office in 2-3 weeks. Slow break in process may be necessary to allow the foot and lower extremity to adapt to its proper position. Orthotics may feel great immediately or take a month to get adjusted to. Long term they are best for your overall musculo-skeletal health.

How do I know if I have a problem?
The symptoms of poor foot biomechanics may include one or more of the following:
- Localized foot pain
- Blister
- Hammer toes
- Arch pain
- Heel pain
- Knee pain
- Hip or low back pain
- Tendonitis
- Plantar Fasciitis
- Shin Splints
- Stress Fractures
- Recurrent Injuries
- Fatigue with standing or walking

Why would I or my child need orthotics?
Orthotics can also lessen signs and symptoms of foot and ankle instability by adding small “posts” to the device to help absorb shock. Or thotics can also lessen the stressful impact of the foot on the ground at heel contact. They do so as we add modifications to the device to help absorb shock. Orthotics can also lessen signs and symptoms of foot and ankle instability by adding small “posts” to the device to help even out weight distribution during walking and running. This helps to decrease ankle sprains. Our patient’s will typically be able to run faster and a longer distance without pain in most cases. Excessive walking such as through Disney World would become much easier. Standing at work becomes more pain-free.

How do the orthotics help?
The foot and lower extremities function best in what we call “Neutral Position”. This position allows the foot to function optimally in both absorbing shock and improving stability. Any position in which the arch is too high (cavus foot) or too low (flat foot) doesn’t allow this optimal function, and problems can develop in the foot, ankle, knee or back.

Orthotics can mostly, if not completely eliminate fatigue in the feet and legs with activity by providing proper support to the feet and legs. They can eliminate “growing pains” in children and allow pain-free running and sports.

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How do we make orthotics?
We first do a lower extremity biomechanical exam. We watch you walk and look at your shoes to check the wear pattern. Evaluating joint mobility and muscle strength is important to help us determine the optimal position of your foot. A plaster impression is then made and sent to a lab with modifications needed to help you reach your fitness or work goals while avoiding further injury.