



# Orthotics

Southern Ohio Foot and Ankle Associates, Inc.

## Are Orthotics Right for You?

Orthotics are shoe inserts that are designed to correct bio-mechanical foot disorders. They are not just “arch supports”. They can make walking, standing, and running more comfortable.

By adjusting the angles in which your foot strikes a walking or running surface, orthotics can relieve many types of foot pain.

Your doctor may prescribe an Orthotic device as a conservative treatment for a number

of foot problems. They may also be prescribed for post-surgery control of the foot.

Orthotics come in a wide variety of forms and are constructed of various types of materials. All types are designed to improve foot function, and control foot pain and deformity.

Almost anyone can benefit from an Orthotic. There are several common

symptoms that may indicate mechanical difficulties of the foot. Please check the list to the right to see if Orthotics could be indicated for you.



**Custom Molded  
Prescription Orthotics  
3/4 and Full Length**

## Common Symptoms that may indicate you need Orthotics

- One side of the sole of your shoe wears out before the other
- Frequent ankle sprains
- Chronic heel, knee, or lower back pain
- Shin pain
- Hammertoes
- Feet that point inward or outward
- General foot pain

## Orthotic Types

### Off-the-shelf

These types are orthotics are found in many retail stores. Often times they are referred to as arch supports, or pre-fabricated orthotics. There are many types and brands of these devices. Higher quality brands usually run between \$25.00 and \$40.00, and can provide complete relief for some.

### Computer Generated

Many non-medical facilities offer these types of orthotic, but often market them as “Custom” They are usually modified over-the-counter orthotics that are being sold at a custom molded price. Generally, you are asked to walk across a plate on the floor so your foot function can be evaluated.

Remember that if a mold of your foot is not taken, it is not a custom orthotic.

### Custom Molded

These types of orthotics are custom designed to meet the needs of a specific individual’s foot problems. A plaster cast will be made of your feet. These are called “negative impressions”. These impressions are sent to an

orthotic lab along with a prescription from a physician for recommended modifications. The lab will make a positive cast by pouring plaster into the negative casts. This process forms a perfect reproduction of the bottom of the foot. Custom molded orthotics usually run between \$350.00 and \$450.00 and may be partially covered by insurance.

## Southern Ohio Foot and Ankle Associates, Inc.

"Where We Put Your Feet First"

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### Insurance Tip

When calling your insurance carrier to inquire about custom molded orthotic coverage always ask if they are a "covered benefit" Many people will ask to "pre-certify" orthotics only to be told they do not need pre-certification. While this may be true, it does not mean they are a covered benefit under your particular policy. If they are a covered benefit, ask your carrier if your deductible applies and at what percentage they are covered after your deductible has been met.

**Visit Us on the Web**

**[www.diabeticfootsolutions.com](http://www.diabeticfootsolutions.com)**

## Foot Pain—A Survey from the American Podiatric Medical Association

A recent survey conducted by the American Podiatric Medical Association of close to 1,700 adults aged 16 to 60 found that 47 percent had experienced a foot ailment in their lifetime. Although the prevalence of foot ailments was high, only about 7 percent had visited a podiatrist. About 16 percent treated their condition with over-the-counter products.

The survey also found that men experienced slightly more cases of tendonitis, skin cancer and nail problems, while women suffered from more general types of foot pain, including pain in the balls of the feet, heel pain, and pain from shoes. More women than

men had bunions: 3.31 percent for women versus 1.57 percent for men.

Nearly 19 percent of the respondents admitted that foot pain inhibited them from performing daily activities such as going to work or the gym. Among the older people surveyed, that number increased to 29 percent.

Although some foot ailments can be traced to heredity, many stem from the cumulative impact of a lifetime of abuse and neglect.

Additionally, podiatrists say the feet are more susceptible to injury than any other part of the body, because of the amount of mileage we put on our feet.

Foot ailments are among the most common health problems affecting the American population. However, many people don't seek medical treatment because they mistakenly believe that discomfort and pain are normal and expected with age.

For more information about foot care and managing foot pain, visit the American Podiatric Medical Association website at:

[www.apma.org](http://www.apma.org)

