

Custom Made Orthotics

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An area of podiatric care little understood by the general public involves biomechanics, which is really anatomy in motion. The occurrence of injuries, the planning of surgeries, even the cause and primary care of calluses, revolve around the limits or excesses to which the joints and muscles permit movement of the skeleton. The effects of too little or too much motion can result in corns and calluses, pain in the feet, ankles, knees, hips, and the back and unusual wear patterns on footgear. Foot orthotics are often part of the treatment.

Orthotics fall into two main categories, functional and accommodative. Functional orthotics are custom made and provide control to help limit abnormal motion and reduce wear and pain in the joints and skin. These must be prescribed by a doctor. The accommodative type, often called inserts simply cushion the forces generated by walking or running and can be custom made with a doctor's prescription for special problems or purchased over the counter in shoe stores for generic needs. Both types may offer some arch support. Many of those prescribed by Dr. Kilgore are a combination, tailored for everyone from the most sedate senior to the most active athlete, and can be designed for most types of shoes, boots, and sandals.