

# Orthotics

Orthotics are devices placed inside the shoes with the purpose of restoring our natural foot function. Many common complaints such as foot, ankle, heel, knee and lower back pain are caused by poor foot bio mechanics.

Bio mechanics is the science that studies the body's movements during walking, running and sports. The most common form of bad foot bio mechanics is over-pronation, which is the dropping of the arches and rolling inwards of the feet and ankles, and affects an estimated 70% of the population.

Orthotic insoles correct over-pronation and realign the foot and ankle bones to their neutral position, restoring natural foot function. In turn, this will help alleviate problems not only in the feet, but also in other parts of the body, such as the knees, hips, and lower back.

## Why Do We Need Orthotics?

The fact that so many of us suffer from over-pronation due to fallen arches can be contributed to the hard, flat surfaces we walk on daily. Other factors that play a role include age, weak ankles, and excess body weight . As a result, over-pronation is much more prevalent in people in their fifties and older, and also in overweight persons.

Over-pronation doesn't pose a serious problem in many cases, especially for younger people. However, abnormal foot function caused by over-pronation can lead to serious foot problems like heel pain, heel spurs, plantar fasciitis, metatarsalgia, even knee pain and lower back pain in some instances.

Orthotics correct over-pronation, and can help reduce or eliminate many common aches and pains. Orthotics are an effective and inexpensive solution to the over-pronation

problem. Buying a pair of orthotics can be a worthwhile investment in your health, since they can prevent many serious lower body problems.