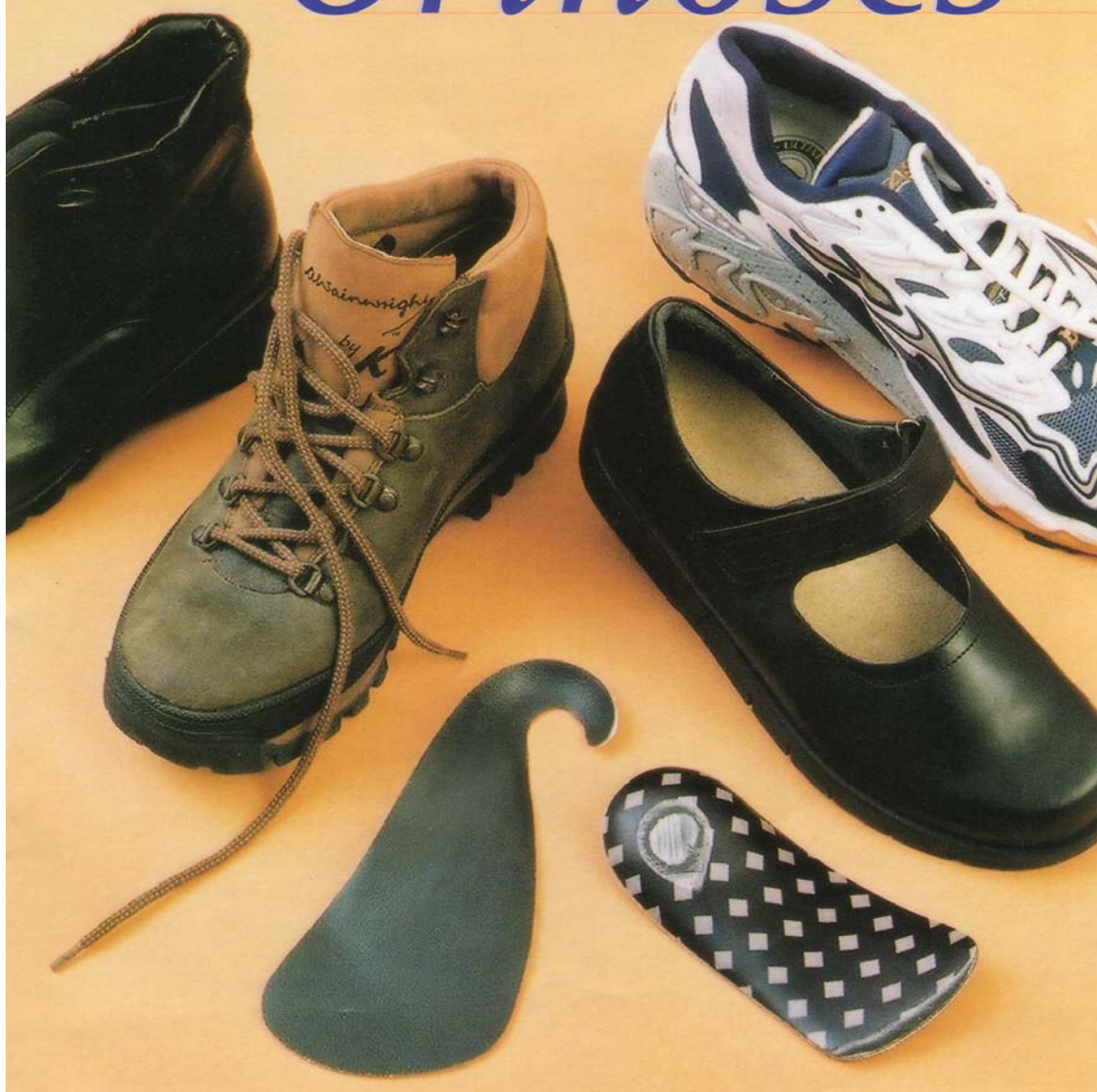


Your Podiatrist Talks About
Prescription
foot **Orthoses**



prescription foot orthoses

What are foot orthoses?

Foot orthoses are shoe inserts designed to support, align, or improve the function of the foot. They are also often commonly referred to as 'orthotics'. Orthoses fit comfortably inside your shoes.

There are many different kinds of orthoses. The orthoses recommended by your podiatrist are prescription devices, custom-made to suit your individual needs and biomechanics (the way your body moves).

Who wears orthoses?

People of all ages with a variety of foot or lower leg problems wear orthoses. Sportspeople are often prescribed orthoses by their podiatrist to help maximise their performance, as well as to address mechanical problems.

Anyone suffering from a chronic foot or lower limb condition which is *limiting their mobility or independence* may benefit from wearing orthoses.

When are orthoses used?

Your podiatrist may prescribe orthoses for your particular foot problem after a comprehensive assessment, taking into account your own biomechanics, footwear, and occupational and lifestyle factors.

Orthoses provide valuable long-term solutions in the treatment

and prevention of corns, callous and ulceration by redistributing the pressure of the body's weight on the feet.

Orthoses also help with rehabilitation of acute and chronic foot conditions such as tendonitis, recurrent ankle sprain and stress fractures, by providing consistent postural control

A personalised approach

If orthoses are recommended, your podiatrist will design a care plan. This plan will outline your diagnosis, the type of orthoses you have been prescribed, proposed footwear to wear with your orthoses, lifestyle changes you may need to make, as well as any additional treatment which may be required.

What type of orthoses?

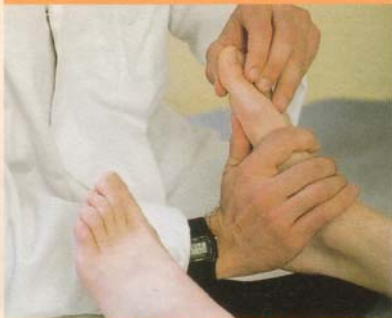
Cushioning orthoses provide cushioning and padding underfoot with shock absorption during walking.

Pressure relief orthoses offer additional relief by redistributing the pressure on problem areas of the foot.

Moulded cast or **non-cast** orthoses offer similar features with superior fit, whilst **prefabricated** orthoses provide relief with the benefits of being customised by your podiatrist.

Functional foot (customised kinetic) orthoses offer all these features, plus the benefit of postural realignment

ASSESSMENT



PRESCRIPTION



PREPARATION



MANUFACTURE



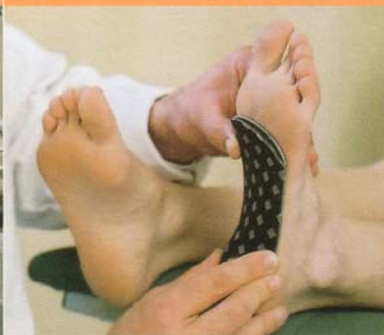
ACCURATE FIT, FUNCTION AND SUPPORT

High standards of treatment and follow up

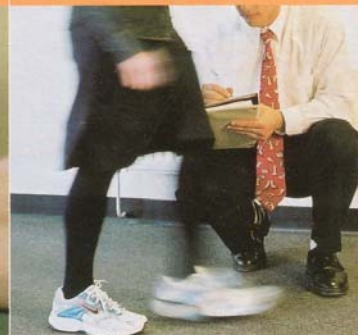
Podiatrists are the primary health care practitioners for disorders of the foot and lower leg, dealing not only with diagnosis and treatment, but also prevention and rehabilitation. When prescribing orthoses, your podiatrist provides a comprehensive service to ensure safe and effective foot care, including:

- ▶ A full clinical assessment of your foot problem prior to prescription.
- ▶ Prescription of orthoses tailored to individual needs.
- ▶ Provision of any additional treatment required.
- ▶ Advice regarding exercises, footwear and training methods where relevant.
- ▶ Complete control over prescribing, making and fitting your orthoses.
- ▶ Comprehensive follow-up, including initial and ongoing treatment plan.
- ▶ Fine-tuning or correction of any problems experienced in wearing the orthoses.

FITTING



REVIEW



prescription foot

YOUR FOOT ORTHOSIS PRESCRIPTION

Presenting complaint _____

Clinical findings _____

Provisional diagnosis _____

Treatment plan _____

Orthosis _____

–Type _____

–Materials _____

–Cost _____

Other recommendations _____
(*footwear, lifestyle*) _____

Expected results _____

How your podiatrist can help

Podiatrists are highly skilled foot health professionals trained to deal with the prevention, diagnosis, treatment and rehabilitation of medical and surgical conditions of the feet and lower limbs. Podiatrists have completed a Bachelor of Podiatry or higher degree, and are continually upgrading their skills and knowledge through further education and training.

My podiatrist is:

Where can I find a podiatrist?

Refer to your Yellow Pages™ for podiatrists who are members of the Australian Podiatry Association or the New Zealand Society of Podiatrists.

Many health funds in Australia and New Zealand provide cover for podiatry services on their ancillary tables and government funded services are available through the Department of Veterans Affairs, some public hospitals and community health centres.

NOTE: This information is not to be used as a substitute for podiatric or medical assistance.



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