

Prescription Foot Orthotics No Referrals Required

What Are Orthotics?

Foot orthotics are prescribed devices worn in shoes to improve inefficient functions of the feet, ankles and legs. The use of orthotics can reduce or eliminate discomfort and pain in these areas as well as in the hips and back. In fact studies show that custom foot orthotics eliminate up to 90% of lower body complaints.

Orthotics are also prescribed to accommodate a variety of uncomfortable “wear and tear” foot and leg conditions. Symptoms to be aware of are:

- Tired, achy feet
- Back or neck pain
- Foot, leg or knee pain
- Flat or high, rigid arch
- Knock-kneed or bow-legged
- Bunions or hammer toes
- Excessive foot callousing
- Abnormal shoe wear



Prescription foot orthotics help realign the joints of the foot and the whole lower limb in addition to providing arch support in order to eliminate pain and discomfort.

Footwear and Orthotics

It is important to remember that when treating a foot problem with orthotics, this is only part of the picture. While orthotics may play a significant role in reducing or eliminating the symptoms, properly designed and expertly fitted footwear is crucial to optimize the success of treatment.

Avoid poorly constructed, non-supportive footwear. Orthotics require a strong, stable, supportive base. When purchasing footwear, deal only with salespeople experienced in fitting orthotic users. Unfortunately, the general rule is "you usually get what you pay for".

DBX6®

All of our Orthotics are made using DBX6®, which is the lightest and most durable material available for fabricating foot orthotics. DBX6® has 4 patents that govern its laminations and processes.



Traditionally, orthotics have been made of flat stock thermoplastics such as rohadur, acrylic, and polypropylene. With thermoplastics, thinner is flexible and thicker is more rigid. Using aerospace composites (graphite/glass) and advanced engineering allow for rigidity or flexibility to be engineered into orthotics as thin as 1.5 millimetres giving superior strength and incredible thinness. This allows our orthotics to fit into the majority of shoes available without the need to purchase extra wide or extra tall shoes.

Orthotic Wear

Everyone is different. For some it may take a few weeks to become fully comfortable wearing orthotics. For others, immediate comfort is felt. Generally, the body requires time to adapt to change. Therefore, you may experience mild aches and pains when you first begin to wear orthotics. Discomfort may be most evident in the feet, ankles, legs, hips and even the lower back. However, this will soon disappear as your body adjusts to the improved support that the orthotics provide.

Because your body needs time to adjust, it is essential to have a gradual break-in period. Remember, you are changing the mechanics of your entire body.

Begin with one hour of wear the first day. Increase this by one-hour increments each consecutive day until full daily wear is achieved. During the adjustment period if you feel significant discomfort, discontinue wear for one day. Begin again with increasing increments of 30 minutes daily.

During the first week, it is important to avoid orthotic wear during strenuous physical activity. This may include activities experienced during your daily work or while playing sports. Slowly incorporate the use of orthotics into these activities during the second week of wear.

Final Thoughts

On occasion orthotics may require minor adjustments to improve their function or make them more comfortable. 3 to 4 weeks are usually required to determine if this is necessary. There is no charge for adjustments during the first year of wear.

Under normal circumstances, the orthotic shells (the hard plastic part) should never need repair. The other components – top covers, extensions, etc. will wear out at varying rates depending on activity level and body weight. To maximize the effective life of your orthotics it is advisable to have them checked every 1 – 2 years for inspections and necessary repairs. Repairs usually take 2 – 3 days and the cost is reasonable.

Orthotics are vulnerable to damage when exposed to areas of excessive heat (i.e. heating vents, dryers, fireplaces, etc.). Avoid exposure of orthotics to these areas.

Finally, the effective life of orthotics is 4 – 6 years for most adults. Children and adolescent orthotics can generally accommodate growth of 2 shoe sizes. Orthotics should be replaced each time their feet grow more than 2 shoe sizes.