

## **Improves back, knee, and ankle health:**

Foot pain might be what has you interested, but you may also benefit from custom orthotics if you're experiencing:

- **Back pain**
- **Ankle pain**
- **Knee pain**

Your ankles, knees, and back depend on your feet to maintain their proper alignment and healthy range of motion. Foot problems can create pain and lessen mobility in your joints, muscles, and tendons as your stride or stance changes to compensate for foot pain.

This stresses the soft tissue and bony structures in your back and lower extremities. By returning your feet to their proper alignment, custom orthotics can help prevent these issues.

## **Improves athletic performance and overall health**

Whether you're a young athlete just getting started or a seasoned warrior trying to keep your title, foot abnormalities can affect your play. Keep in mind that it's not only about running or walking. Pain in your feet can affect your golf stance, your ability to pitch from the mound, or your weekend cycling adventure. Custom orthotics can help overcome the pain that limits your performance.

Further, if it's health you're playing for, running, walking, and workouts at the gym all get easier and, dare we say, more enjoyable when foot pain becomes a distant memory. For more details about what custom orthotics can do for your feet and your overall health, schedule a visit with Dr. Davis today. **Call the office at 913-364-1314**

# How can custom orthotics help me get back on my feet?

**The Foot Clinic** 

[www.dravidavis.com](http://www.dravidavis.com)

# What are custom orthotics?

## The Benefits of Custom Orthotics

Not everyone is born with perfect feet. And even if they do start out that way, life can throw a few obstacles in your path that end up making your feet hurt. Certain shoe styles, medical conditions such as diabetes, and even healthy-for-you sports can create foot imperfections that slow your stride due to pain. Custom orthotics can get you moving pain-free again.

## Why custom orthotics work better than generic arch supports:

Custom orthotics, also known as shoe inserts or arch supports, are designed to support problem spots in your feet. They can lift an arch, relieve heel pain, and/or help compensate for a toe joint deformity.

Custom is key when it comes to orthotics. Unlike generic, mass-produced shoe inserts available over the counter or online, custom orthotics are tailored specifically for your foot. They provide support exactly where you need it and are shaped to fit the contours and size of your feet.

Also, because your feet don't stand still all day, Dr. Davis evaluates your feet during a custom orthotics appointment. This gives her a clearer picture of how your feet function and identify problem areas.



Every foot is unique, and an insert that's not a custom fit can end up causing as much pain as it's supposed to resolve.

## The many health benefits of custom orthotics:

Getting that custom fit for your orthotic can help you in many ways.

### **Corrects foot abnormalities**

While discomfort is your symptom, underlying structural abnormalities are often the culprit when it comes to foot pain. Rather than masking your pain, custom orthotics correct the underlying cause, such as collapsed arches (pronation) or high arches (supination).

### **Relieves pressure**

Custom orthotics provide cushioning and support as they redistribute the pressure your feet experience with everyday activities. This is very helpful if you have arthritis or you stand for significant periods during a workday. Orthotics also help prevent pressure ulcers and other foot abnormalities related to diabetes.