Orthotics Main Navigation

Your Guide to Custom Orthotics

Confused about what to buy? At the Essendon Podiatry Clinic, we're here to help you make the right decision for your orthotics.

It's hard enough to make the correct decision with so much information available. This guide on custom foot orthotics is designed to help you an informed decision in relation to custom orthotics. If you are considering getting orthotics as an off the shelf option or you are thinking about custom orthotics purchased from us, we suggest you read our helpful guide prior to making an appointment.

Amongst other questions you may have, you will need to know:

- Are foot orthotics the right solution for you?
- Who makes the best orthotics?
- What is the correct way to cast the foot?
- What conditions can orthotics treat?

Why Choose Essendon Podiatry Clinic for Orthotics

Why sacrifice poor foot health? We're here to help you make the best long term decision. The Essendon Podiatry Clinic is your best choice for foot orthotic therapy.

If you are considering custom foot orthotics, you have many options to have them made. When you choose Essendon Podiatry Clinic to provide your orthotics you will achieve a greater lever of pain relief, greater comfort and better long-term outcomes than with other practitioners.

Orthotics for Specific Sports

Do You Need Specialized Sport Orthotics? Essendon Podiatry Clinic are specialists in sports medicine

We've got the solution for you. Practitioners at the Essendon Podiatry Clinic are specialists in sports medicine and have a specialised knowledge in research related to orthotics and sports. Indeed, most research on the use of orthotics relates to prescribing orthotics to take care of a specific condition (for example, Achilles tendonitis or shin splints) there are situations where orthotics need to be specifically designed for the related sporting activity.

Dress Shoe Orthotics

Discover Dress Shoes for Women with Comfortable Dress Shoe Orthotics and enjoy life pain free.

You're in for a pleasant surprise. A great quality orthotic can make high heels and other dress shoes a lot more comfortable. The leading high heel arch supports acts to transfer weight off the ball of the foot and the heel and distribute that weight onto the arch of the foot. This will prevent heel pain, ball of foot pain and fatigue when wearing dress shoes.

The Latest in Prefabricated Orthotics

If you're like most people, you'll probable like to try our prefabricated orthotics as an alternative option to customised foot orthotics.

Arch supports or prefabricated orthotics (often called off the shelf orthotics) are non-customised devices designed to provide support to the arch of the foot and help spread weight more evenly along the base of the foot. They are not as effective or supportive as a quality-made custom orthotic but will work well for many people at lower cost than custom orthotics. Off the shelf or prefabricated orthotics can be found in retail stores, podiatry clinics and online.

Pure Speed Orthotics for Cyclists

Are you feeling knee pain after cycling? We've got the perfect solution to alleviate pain after cycling.

Do your knees ache after cycling? The pain may be related to a biomechanical imbalance that is alleviated by prescription orthotic shoe inserts. A Custom foot orthotic will help re-align the foot on the pedal and prevent injury. Orthotics generally, should conform very tightly to the arch of the foot and transfer arch force directly to the pedal. This type of orthotic is known as a total contact orthotic.