Review of Foot Orthoses: What to Order and Why

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Goals of Foot Orthoses

- Enhance patient’s functional ability
- Redistribute weight
- Prevent progression of deformity
- Reduce pain
Custom semi-rigid FOs have moderate to large beneficial effects in treating plantar fasciitis.

Custom semi-rigid FOs have moderate effect in treating posterior tibial stress fractures.

Custom semi-rigid FOs have moderate effect in treating patellofemoral pain syndrome.

Prefabricated semi-rigid FOs have moderate beneficial effects in treating foot pain.
What is Custom?

- Made from a mold of a patient’s foot created from a cast or scan.
Spectrum of Options

Accommodative ↔ Semi-Rigid ↔ Rigid
Accommodative

- Primary purpose is to cushion, protect, and redistribute pressure
- Made from soft foams
- Don’t correct deformity
- Wear out quickly
- Used for patients with foot pain and/or deformity that have not tolerated a more rigid orthosis
Semi-Rigid

- Combination of rigid supportive base and softer top layers
- More durable than accommodative
- Well tolerated
Rigid

- Provide excellent arch support.
- Typically made of carbon fiber or polypropylene.
- Should be used only on flexible deformities.
- Used in special situations
Non-Custom Foot Orthoses

- Foot pain or foot dysfunction associated with mild flexible pes planus
- Typically not covered by insurance
- Available at shoe stores or Sporting Goods stores such as REI
Orthotics Prescription

- Patient Name and birth date
- Date
- Diagnosis
- Example: Bilateral Custom Semi-rigid Foot Orthoses
- Signature
