



Central Florida Foot & Ankle Center, LLC

Winter Haven – Lakeland – Davenport

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Orthotics: What are they and can they help me?

Is it Time for a New Pair of Orthotics?

Dear patient,

As December approaches, we have been getting a lot of phone calls from patients regarding end of the year deductibles, health savings accounts and orthotics.

An average pair of orthotics lasts between 3 to 5 years and will need to be replaced just like a pair of glasses or shoes. Our feet do change as we mature.

If you have noticed a sudden increase in foot pain, it is probably a sign that your orthotics are getting worn out or need to be replaced.

Now is a great time to take care of it!

As the end of the year approaches and our deductibles are being met, a lot of insurance companies are recognizing that prevention is better than surgery.

Do not wait, call us today and schedule an appointment to be properly fitted for a new pair of orthotics. Make it your New Year's resolution, and start the new year without foot pain!



Why Do We Need Customized Orthotics?

Customized orthotic insoles are shaped to accommodate and align your feet and to correct and realign your foot and ankle bones to their neutral position, restoring natural foot function.

Over the counter orthotics are set to an average foot, which might be OK for some people. But for the best results we recommend to have your orthotics customized.

Imagine going to your eye doctor and purchasing glasses off the shelf. Chances are they aren't the prescription you need and therefore won't work that well. Orthotics are the same way. Your body is constantly changing and therefore seeing us for a custom pair of orthotics is highly recommended.

With 30 different foot types in all shapes and sizes customization is almost always necessary. Even your own custom orthotics from years ago may not fit that well. That is why it is very important to get an evaluation done on your feet to see if your current orthotics are working properly and not creating further damage.

FREE PAIR OF OOFOS

RECOVERY
SANDALS



Who Needs Orthotics? **EVERYBODY**

The need to use an orthotic is based on your **foot posture** and **how your feet move**. Imbalances can occur from flat feet or even one foot being flatter than the other. Problems are rarely symmetrical.

People who stand or walk all day will benefit from orthotics.

If you suffer from pain during any form of sport or exercise, then orthotics can reduce the pain associated with your condition.

For overweight individuals, orthotics will help to counteract the extra stress being placed on the feet.

When Is the Best Time to Get Orthotics? **NOW**

Now is the best time. If you wait any longer, you could develop more problems and only make your biomechanics worse.

In most cases your insurance company will help pay for custom orthotics and since we are nearing the end of the year and your deductible may be met already there is little to no cost associating in some cases. Call us today and we can help you get the custom orthotics you need.



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FREE Pair of OOFOS With Every Custom Orthotic Purchase!

Receive a free pair of OOFOS Recovery Sandal with every new pair of custom orthotics. Every pair of OOFOS is engineered to help your feet recover in ways that typical footwear can't. Offer good on OOriginal or

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