

# MARITIME Foothold Orthotics

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## What is a Canadian Certified Pedorthist, a C Ped (C)

A Certified Pedorthist is an individual who is trained in the manufacturing, fitting, and modification of foot appliances and footwear to assist in:

- alleviating painful or debilitating conditions of the lower limb
- accommodation of foot deformities
- re-alignment of anatomical structures
- redistribution of external and internal forces
- improvement of balance
- control of biomechanical function
- enhancement of the actions of limbs compromised as a result of an accident, congenital deformity, neural condition or systemic disease

## What is a Foot Orthotic?

Foot orthotics are custom molded in-shoe foot appliances which are manufactured from a three dimensional image of the foot called a cast. They are made of heat moldable materials like EVA or polyethylene foams of different densities. Orthotics can accommodate bony deformities, and modify the movement of the feet and lower limbs.

## How Can Orthotics Help You?

Orthotics help alleviate pain related to your feet, ankles, knees, lower legs, hips and low back. Orthotics can specifically help with pain and discomfort caused by the following medical conditions:



Plantar fasciitis

Hammer Toes

Heel Spur Syndrome

Metatarsaligia

Patellofemoral Pain

Sever's Syndrome

Bunions & Bunionettes

Tibial Stress Syndrome

Morton's Neuroma

Osgood-Schlatters

Jumper' Knee

Achilles Tendonitis

Iliotibial band friction syndrome    Calluses & Corns

### *We also do Orthopaedic Shoe Modifications*

Including rocker soles, shoe lifts, lateral and medial wedges, counterflares and Velcro closures.

### First appointment includes:

1. A complete history of your discomfort
2. A physical examination of your feet, ankles and lower limbs including a range of motion
3. Biomechanical assessment
4. Gait Analysis
5. Examination of your shoes and wear pattern
6. Casting of your feet in semi weight bearing position