

## CUSTOM ORTHOTICS

Understanding the Purpose & Benefits

Premier Orthopaedic Associates | [poasnj.com](http://poasnj.com)

📞 Call or Text: 856.690.1616

### 👣 What are Custom Orthotics?

Custom orthotics are specially-made shoe inserts designed to support your unique foot shape and correct biomechanical issues.

### 🔧 How are They Made?

- 3D foot scan or mold taken in office
- Designed to relieve pressure, correct alignment, and improve function
- Materials vary by condition (soft, semi-rigid, rigid)

### ✅ Who Benefits from Custom Orthotics?

- Flat feet or high arches
- Plantar fasciitis
- Heel or arch pain
- Knee, hip, or back pain from poor foot alignment

### 🎯 Benefits

- Improved comfort and support
- Reduced pain with walking/standing
- Slows progression of deformities
- Helps avoid surgery in some cases

### ⚠️ Considerations

- May require break-in period
- Should be worn in supportive shoes
- Often eligible for insurance coverage

### 💬 Talk with Your Provider About:

- Your symptoms and activity needs
- Whether custom orthotics are right for you