

## What is an orthotic?

The term &ldquo;Orthotic&rdquo; can describe many different types of insoles . The critical choice of which orthotic or insole is best for the individual depends on the application , lifestyle and personal requirements.

Unless the solution to this is straight forward, it is best to have a podiatrist examine the foot and leg and analyse one&rsquo;s walking and/or running habits. By doing so you can be confident the appropriate advise on which type of orthotic is best suited for your needs and the best value for money.

Also they will provide or refer you to any adjunctive therapy so to resolve any associated symptoms. Finally, they will provide you with ongoing care should the orthotics require adjustment.