

Totalcare Orthotic System

1. Prescription

The prescription of the orthotics is gained by examination and will depend greatly on what the orthotics are going to be used for: see who needs Orthotics.

At Total Care Podiatry we offer three types of examination to cater for all conditions that orthotics are the appropriate treatment either by themselves or in combination with other treatment strategies.

All assessment types include:

- Non-weight bearing and weight bearing examination, using research proven gold standard techniques
- Video Analysis of your walking pattern from front-on and side-on. This helps us understand the relationship between the foot, leg and pelvis
- Plantar pressure measurement as it is objective, has been proved for research as very valuable and can be repeated for comparisons at a later stage. When design an Orthotic to correct the way the foot works, we use a temporary orthotic that is placed on the pressure mat and have the patient walk over it. By changing the corrections and repeating the assessment we can see how these changes affect the foot function and can be more accurate in our final orthotic prescription

2. Imaging

To make an orthotic we need to take an image of the individual structure, including the contours and shape of each foot. This has been traditionally achieved by using a plaster casting of your foot with the foot been supported by the podiatrist.

Our new 'Total Care System' allows us to take an image of your foot in it's best functioning position, (research based), while you are in a normal standing position, just as you are, midway through your gait pattern when walking.

We use a specialised timed stereoscopic digital camera system that works in the same principle as your eyes and takes images of your foot that the computer renders into a 3 Dimensional image. This is then transferred into our computer system, for the correction and design process. Depending on the foot structure and the complexity of the condition being treated, multiple scans may be taken to ensure the most accurate image possible. This is then used to get the best possible results.

3. Design

Once we have an image of your foot,

we can then apply the extra support or correction that your condition requires. This is designed from the prescription gained through the examination process.

By using the CAD program, (Computer Aided Drawing), we can place the support or correction precisely blending it into the contours of your feet. This results in a highly accurate and very comfortable orthotic design.

4. Creation

As part of the process of making your orthotics, we take time to discuss to ensure that the orthotic will fit into your current range of shoes most regularly worn. Also we offer a range of specific Homy Ped shoes that are designed especially for orthotics.

This information with the CAD design with the required correction is emailed to the laboratory to be made. The corrected surface of the orthotics on which your foot stands on is made or created by cutting or milling this surface into a piece of material, most commonly EVA.

EVA is the material most runners mid soles are made of, (usually white or grey in colour).

However there is many other materials that can be used from thermoplastics to Latex foams, (like mattresses are made from) for people with arthritis.

At the lab, the appropriate material that has been selected for your condition, shoe size and lifestyle is loaded into the milling machine and the computer cuts out the corrected design from the email.

By selecting the appropriate density blank, using the almost unlimited correction options and choosing various cutting depths, this system can be used for almost any foot condition.

5. Satisfaction

Your finished orthotics are ready for you to try out!

Your Podiatrist will assess the fit, comfort and function of your orthotics to ensure your satisfaction and carry out any minor modifications for best shoe fit, etc...

The orthotics will not have a top cover for the first 4 weeks in case any changes

may be required to be done during the initial wearing-in period. Everybody and

every foot, literally, is different in small but many ways. While we do our very best to get your orthotic right the first time, (and we do about 98% of the time), sometimes we place more correction,(or sometimes not enough), than your body can cope with at that stage.

After 4 weeks we further review the effect of the orthotic on your condition expecting any pain to have 80% or more resolved. Your orthotic's top cover will be added at this appointment.