

- An issue appointment in 2 weeks is necessary to collect the orthotics, where the devices are measured and fitted to footwear.
- A complimentary orthotic review appointment is available anytime within 3 months of your orthotics being issued if required.

3. GENERIC or “OFF-THE-SHELF” ORTHOTICS

TFAAC offer a range of the highest quality, specially sourced **pre-made orthotics**. Because they are more affordable these orthotics are typically used for initial trial purposes or for people suffering from minor conditions. They are generally not as durable or long lasting and because they are not moulded specifically to the foot. Generally they are not as well tolerated or as effective as the more custom options but in some cases they are a better alternative than using nothing at all. These devices usually come in Small, Medium or Large and are often fitted at the same time as your consultation and reviewed as required usually in 6-8 weeks.



Without Orthotic

With Orthotic



Enquiries: info@thefootandankleclinic.com.au

Boronia	12/5-7 Chandler Rd Ph 03 9761 0019
Chadstone	73 Chadstone Rd Ph 03 9569 5796
East Bentleigh	778 Centre Rd Ph 03 9570 3213
Moe	11 Haigh St Ph 03 5127 8555
Morwell	150 Commercial Rd Ph 03 5134 4044
Sale	195 Raymond St Ph 03 5144 7655
Traralgon	39 Grey St Ph 03 5174 2615
Yarram	247 Commercial Rd Ph 03 5182 5042

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“Put your feet in the hands of
The Foot and Ankle Clinic.”
- Ron Barassi



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Podiatry & Orthotics



Your feet are like wheels on a car, if they are out of alignment they can lead to wear and tear on other parts of the body

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Poorly aligned feet can cause pain not only in the feet but the ankles, hips and back. Podiatrists are health professionals skilled and trained to detect, demonstrate and correct poor foot and walking posture that lead to these problems.

Orthotic devices placed inside your shoes can help re-direct your feet into a more correct position, relieve painful symptoms and prevent future side-effects of standing, walking and running with poorly aligned feet and ankles. Although your current footwear may accommodate the orthotics, a range of **specialist footwear** combining function, support and comfort, to fit orthotics can also be found at The Foot and Ankle Clinic (TFAAC).

At TFAAC we offer 3 main types of Orthotic Therapy alternatives for your consideration. Each alternative has various benefits and range in costs. Depending on the level of your cover and who you are insured with they can be claimable using private health insurance 'ancillary cover'.



1. FULL-CUSTOM ORTHOTIC THERAPY

Full-custom made orthotics are specifically designed and manufactured for your feet, because no two pairs of feet are the same.

To achieve this **Digital 3D Scans** are taken of your feet to ensure the orthotics are custom-made to the exact curvatures of your feet and a biomechanical assessment is performed by the Podiatrist to determine the alignment and function of the foot and its' relationship with the rest of the body.

At TFAAC we proudly offer the latest advancement in Gait Analysis Technology and Digital Video Assessment so our Podiatrists can more accurately examine and provide feedback to patients about their walking pattern and foot function when prescribing orthotics.

With the video recorded gait analysis, biomechanical examinations and digital 3D foot scans our Podiatrists are able to prescribe the most accurate, fully customised orthotics for ultimate comfort and pain relief. We use a variety of materials ranging from soft, cushioned devices to more rigid plastic and carbon fibre ones.

- A Biomechanical Assessment is performed, including a Video Gait Analysis and 3D Foot Scan, which takes between 20 to 40 minutes.
- The next appointment is an issue appointment 2-3 weeks later, where the orthotics are measured and fitted to footwear.

- A subsequent complimentary orthotic review appointment is available anytime within 3 months of your orthotics being issued if required.

2. SEMI-CUSTOM ORTHOTIC THERAPY

In some cases the Podiatrist may suggest an alternative **semi-custom orthotic** which is a pre-formed orthotic with personal adjustments made for individual requirements.

As the name suggests these devices are similar to the custom devices however instead of taking into consideration the exact shape and contour of your feet these devices are pre-made relevant to the size and width of your feet using a template which involves tracing your feet and noting various anatomical landmarks on the prescription form. Your Podiatrist will then modify and fine tune the devices as well as the materials used relevant to your foot type, your condition and the symptoms that you are suffering.

This type of orthotic is often used in the case of **children** where growth is a factor and they are more affordable to replace every 2-3 years than a full-custom device whilst still being tolerated well and offering great correction and benefit.

- At your first appointment a template of your foot will be taken to get the exact size of the foot and a pre-moulded device is customised to address the poor foot alignment.

