

Foot orthotics for skiers

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Skiing places a lot of stress on the feet, so foot orthotics can be very helpful in improving performance and reducing the risk of injury. The type of foot orthotics that are good for skiers depend on several factors, including the skier's foot type, the type of skiing they do, and any specific foot problems they may have.

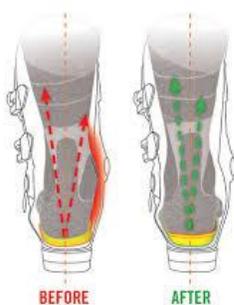
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Arch type: High-arched feet benefit from orthotics that provide extra support and cushioning, while low-arched feet benefit from orthotics that help distribute weight more evenly.

Skiing style: Different skiing styles require different types of support. For example, alpine skiers require more rigid support, while freestyle skiers may require more flexibility.

Foot problems: Skiers with foot problems such as plantar fasciitis, metatarsalgia, or flat feet may require specific types of orthotics to address their individual needs.



Boot fit: The orthotics must fit comfortably inside the ski boot without causing pressure points or restricting movement.

With these factors in mind, some types of foot orthotics that may be good for skiers include:

Custom orthotics: These are made specifically for the individual's foot shape and offer the most precise level of support.

Semi-custom orthotics: These are pre-made orthotics that can be molded to the individual's foot shape for a more customized fit.

Shock-absorbing orthotics: These are designed to reduce impact on the feet and lower legs, which can be beneficial for skiers who ski on hard or icy terrain.

Heel cups and arch supports: These provide extra support and cushioning in the areas of the foot that experience the most stress during skiing.

One can consult with a qualified healthcare professional or podiatrist to determine which type of foot orthotics would be best for your individual needs as a skier.