

# How do orthotics help painful hips

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**Orthotics** can provide support and alignment to the feet and lower limbs,



which can indirectly help with painful hips. Here's how orthotics may assist in alleviating hip pain:

**Alignment and Biomechanics:** **Orthotics** can help improve the alignment and biomechanics of the feet, ankles, and lower limbs. Proper alignment can help reduce excessive pronation (inward rolling) or supination (outward rolling) of the feet, which can contribute to abnormal forces and stress on the hips. By promoting optimal lower limb alignment, orthotics may help reduce hip pain caused by poor biomechanics.

**Shock Absorption:** **Orthotics** often feature cushioning materials that help absorb shock and impact during walking or other weight-bearing activities. By reducing the amount of force transmitted to the hips, orthotics can help alleviate pain and discomfort.

**Stability and Control:** **Orthotics** can enhance stability and control of the lower limbs, reducing excessive movement or rotation that may contribute to hip pain. By providing additional support and stability, orthotics may help optimize the alignment and function of the hip joint during weight-bearing activities.



**Redistribution of Forces:** **Orthotics** help distribute weight and forces more evenly across the feet, ankles, and lower limbs. By promoting better weight distribution and reducing excessive stress on specific areas, such as the hips, orthotics can help alleviate pain and minimize further damage.

**Correction of Biomechanical Issues:** **Orthotics** can address underlying biomechanical issues, such as overpronation or oversupination, that can

contribute to hip pain. By correcting these issues and optimizing foot and lower limb function, orthotics help reduce abnormal forces and stress on the hip joint.

It's important to note that while orthotics can indirectly help with hip pain by addressing lower limb alignment and biomechanics, hip pain may have various underlying causes. Consulting with a healthcare professional, such as a podiatrist, orthopedic specialist, or physical therapist, is recommended to evaluate the specific cause of your hip pain and determine the most appropriate treatment plan, which may include orthotics as part of a comprehensive approach