

Orthotics for soccer

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Orthotics can be beneficial for soccer players to provide support, stability, and alignment for the feet and lower limbs. Here are some considerations regarding orthotics for soccer:



Arch Support: Soccer involves a lot of running, jumping, and quick direction changes, which can put stress on the feet and arches.

Orthotics can provide arch support, redistributing the forces and reducing the risk of conditions like plantar fasciitis or flat feet.

Shock Absorption: Soccer involves repetitive impact on the feet, which can lead to foot fatigue and discomfort. **Orthotics** with shock-absorbing materials or cushioning can help absorb some of the impact, reducing the strain on your feet and minimizing the risk of overuse injuries.



Stability and Alignment: **Orthotics** can help correct foot alignment issues, such as overpronation (excessive inward rolling of the feet) or supination (outward rolling of the feet). By improving the alignment, orthotics can enhance stability and reduce the risk of ankle sprains or other injuries.

Cleat Compatibility: When considering orthotics for soccer, it's essential to ensure they fit comfortably inside your soccer cleats. Custom orthotics can be designed to fit the specific dimensions of your cleats, or you may need to choose cleats with removable insoles to accommodate the orthotics.

Remember, it's crucial to consult with a qualified healthcare professional, such as a podiatrist or orthopedic specialist, to evaluate your specific needs and provide appropriate recommendations for orthotics tailored to your foot structure and soccer requirements.