

Orthotics for tennis

Milton J. Stern, DPM

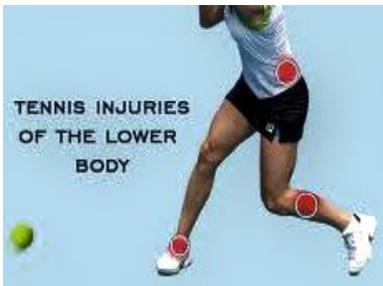
Orthotics for tennis are specialized shoe inserts or insoles designed to provide support, stability, and cushioning to the feet while playing tennis. They are



typically used to address specific foot conditions, correct biomechanical issues, and enhance overall comfort and performance on the court. Here are some key considerations when choosing orthotics for tennis:

Custom-made orthotics: In some cases, custom-made orthotics may be necessary. These are tailored specifically to your feet, taking into account your unique foot structure, gait pattern, and any specific conditions you may have. Custom orthotics offer optimal support and correction, but they tend to be more expensive than over-the-counter options.

Arch support and stability: Tennis involves a lot of lateral movements, quick



changes in direction, and high impact on the feet. Your orthotics should offer adequate arch support to maintain proper foot alignment and prevent excessive pronation (inward rolling) or supination (outward rolling). They should also provide stability to minimize the risk of injuries.

Shock absorption: The repetitive movements and high-intensity nature of tennis can place significant stress on the feet and lower limbs. Look for orthotics that have good shock-absorbing properties to reduce the impact forces and provide cushioning during intense play.

Over-the-counter (OTC) options: There are various OTC orthotics available for tennis players. These are not as good as the custom ones. These can provide general arch support, shock absorption, and stability. Look for orthotics specifically designed for athletic activities, preferably ones that mention tennis or sports in their description.

Remember, the best orthotics for tennis may vary depending on individual needs and foot conditions. It is advisable to try different options, consult professionals, and gradually break in new orthotics to ensure proper fit, comfort, and functionality.