

Orthotics for workers standing in one place

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Orthotics can be beneficial for workers who spend long hours standing in one place, such as retail workers, healthcare professionals, or assembly line workers. Here are some considerations regarding orthotics for individuals in these occupations:



Cushioning and Shock Absorption: Standing for extended periods can put significant pressure on the feet, leading to discomfort and fatigue. **Orthotics** with cushioning and shock-absorbing materials can help alleviate the impact on the feet, reducing fatigue and minimizing the risk of conditions like plantar fasciitis or heel pain.

Arch Support: **Orthotics** can provide arch support, helping to maintain proper foot alignment and preventing excessive stress on the arches. Arch support can also promote better weight distribution across the feet, reducing the risk of overloading specific areas.

Pressure Redistribution: **Orthotics** can help distribute pressure more evenly across the feet, alleviating hotspots and reducing the risk of developing painful pressure points or calluses.

Stability and Balance: Standing in one place requires good stability and balance. **Orthotics** can provide additional support, enhancing stability and reducing the risk of falls or injuries caused by instability. We usually make the orthotics a little wider to control the foot better while standing in one place.



Fatigue Reduction: **Orthotics** designed specifically for workers who stand for long periods may incorporate features to reduce foot and leg fatigue. These features can include extra cushioning in key areas, arch support, and materials that absorb and dissipate shock.

Proper Foot Alignment: Standing for prolonged periods in an incorrect posture can strain the feet, ankles, and lower limbs. **Orthotics** can help align the feet in a more anatomically correct position, reducing stress on the joints and muscles and promoting better overall posture.

When considering orthotics for workers standing in one place, it's crucial to consult with a qualified healthcare professional, such as a podiatrist or orthopedic specialist. They can assess your specific needs, evaluate your foot structure and mechanics, and provide appropriate recommendations for orthotics tailored to your work requirements. Additionally, combining orthotics with ergonomic workplace practices, regular stretching, and proper footwear can help optimize comfort and reduce the risk of workrelated foot and leg problems.