

Who needs to wear foot orthotics?

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Foot orthotics, also known as shoe inserts or insoles, are custom-made or over-the-counter devices that are worn inside shoes to provide support, cushioning, and/or correction to the foot and ankle. They can be helpful for a wide range of foot and ankle conditions, as well as for people who have certain



lifestyle or occupational factors that can contribute to foot pain or discomfort.

Some examples of people who may benefit from wearing foot orthotics include:

1. Individuals with flat feet or high arches
2. People with plantar fasciitis or other forms of heel pain
3. Athletes or runners who experience foot or ankle pain during or after activity
4. People with arthritis or other degenerative joint conditions
5. Individuals with diabetic neuropathy or other nerve-related foot conditions
6. People who spend long periods standing or walking on hard surfaces, such as factory workers or retail employees
7. Children with developmental foot abnormalities, gait issues or flat feet



It is always recommended to consult with a healthcare professional, such as a podiatrist or orthopedic specialist, to determine if foot orthotics are appropriate for your specific needs