



Custom Orthotics



WHAT IS A CUSTOM ORTHOTIC

Custom made orthotics are basically a brace that fits into a shoe. It is designed to align the foot and ankle into the most anatomically efficient position. They look like insoles, but are bio-mechanical medical appliances that are custom made to correct your specific foot imbalance.

Custom orthotics work on your feet much like glasses work on your eyes—they reduce stress and strain on your body by bringing your feet back into proper alignment. The plastic body of the custom orthotic helps to re-align the foot by redirecting and reducing certain motions that take place during the gait cycle.

Custom orthotics fit into your shoes as comfortably as an insole, and they have the advantage of having been made from precise imprints of your feet.

DO I NEED SPECIAL SHOES FOR MY CUSTOM ORTHOTICS?

For the most part any shoe that has a removable insole will work with your custom orthotic. Just remove the insole that came with the shoe and replace it with the custom orthotic.

The Oakville Hospital Footcare and Orthotic Centre also offers a broad range of orthotic friendly footwear. A shoe fitter is available to help you choose the right shoes for your orthotics.

IF YOU SUFFER FROM ANY OF THESE SYMPTOMS, CUSTOM ORTHOTICS CAN HELP.

- Localized foot pain
- Bunions, hammer toes
- Arch/heel pain
- Leg/knee pain
- Hip or back pain - neck pain
- Achilles Tendonitis
- Metatarsalgia
- Morton's Neuroma
- Plantar Fasciitis
- Runner's Knee
- Shin Splints



Oakville Hospital
FOOTCARE
& Orthotic Centre

2 Locations To Serve You:

Oakville Trafalgar Memorial Hospital

3001 Hospital Gate, North Block
Oakville, ON L6M 0L8
T: 905.618.0162

Off Site Location:

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OakvilleHospitalFootcare.ca

Hospital owned & operated. All net proceeds support hospital programs.