

What are Foot Orthotics?

Milton J. Stern, DPM



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 control motion, absorb

shock and can accommodate painful calluses and lesions. 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 or gait issues
8. People who have ankle, knee, hip or back pain



The orthotics we offer are either made out of polypropylene most of the time or for an upcharge PRX Graphite a more rigid device. We will suggest which one based on our questionnaire and type of shoe being worn.