

How do orthotics help painful ankles? Milton J. Stern, DPM



Orthotics can be beneficial in addressing painful ankles by providing support, stability, and alignment to the foot and ankle complex.

Here's how orthotics help with painful ankles:

Stability and Alignment: Orthotics can help improve the alignment of the foot and ankle, reducing excessive pronation (inward rolling) or supination (outward rolling) that can contribute to ankle pain. By promoting proper alignment, orthotics help distribute forces evenly throughout the foot and ankle, reducing strain on the ankle joint.

Arch Support: Orthotics with appropriate arch support can help stabilize the foot and prevent excessive flattening or collapse of the arches, which can contribute to ankle pain. Arch support helps to distribute weight and pressure more evenly, reducing stress on the ankle joint.

Shock Absorption: Orthotics often incorporate cushioning materials that help absorb shock and impact during walking or other activities. By reducing the amount of force transmitted to the ankle joint, orthotics can help alleviate pain and discomfort.



Control of Excessive Motion: If ankle pain is caused by excessive motion, such as ankle instability or ligament laxity, orthotics with added support or corrective features can help control and limit the range of motion. This helps stabilize the ankle and reduce the risk of further injury or pain.

Offloading Pressure: In some cases, ankle pain may be due to conditions like arthritis or tendonitis, which involve inflammation and increased pressure on specific areas of the ankle. Customized orthotics can be designed to offload pressure from these sensitive areas, providing relief and reducing pain.

Improved Biomechanics: Orthotics can address underlying biomechanical issues, such as abnormal foot and ankle alignment or gait abnormalities, which can contribute to ankle pain. By improving overall foot function and alignment, orthotics help alleviate stress and strain on the ankle joint.

It's important to note that the effectiveness of orthotics in relieving ankle pain may vary depending on the underlying cause and individual factors. A healthcare professional, such as a podiatrist, can assess your specific condition, determine the

cause of the ankle pain, and recommend the most appropriate type of orthotic for your needs.