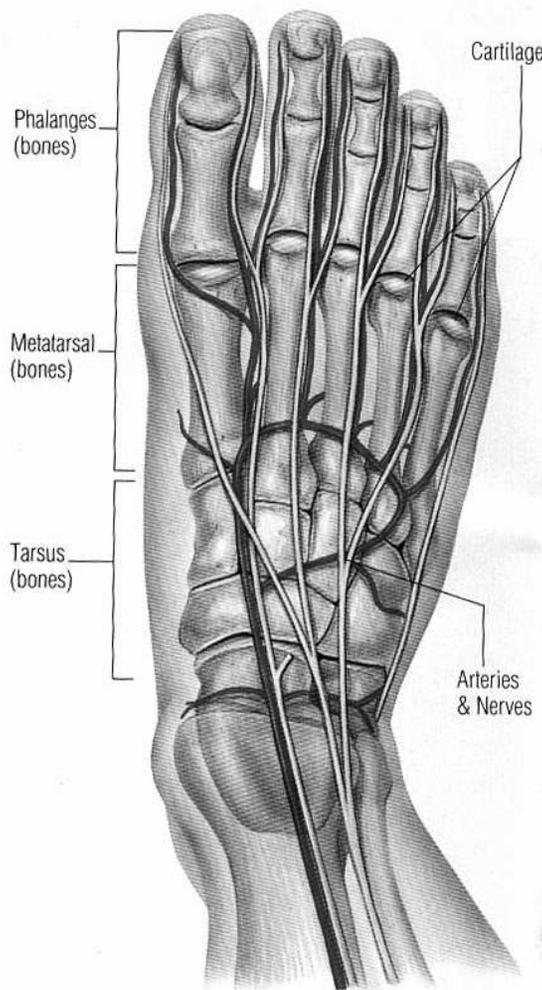
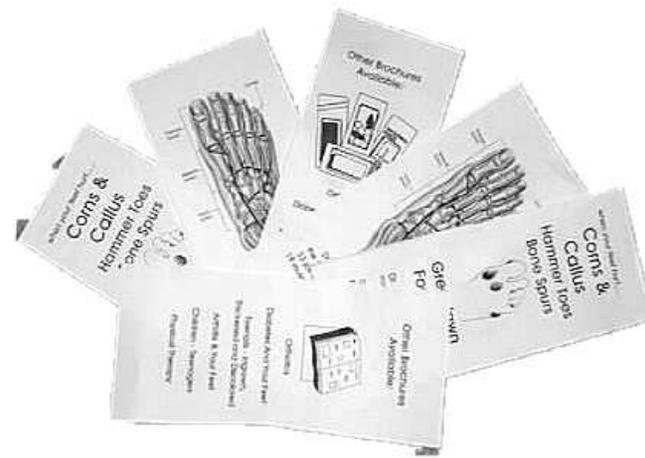


when your feet hurt.....

# Orthotics



Did you know?....  
the foot has 26 bones,  
33 joints, 107 ligaments,  
19 muscles, and  
numerous tendons.

## Other Brochures Available:

Corns - Hammer Toes  
Bone Spurs

Diabetes And Your Feet

Toenails - Ingrown,  
Thickened and  
Discolored

Arthritis & Your Feet

Heel Spurs

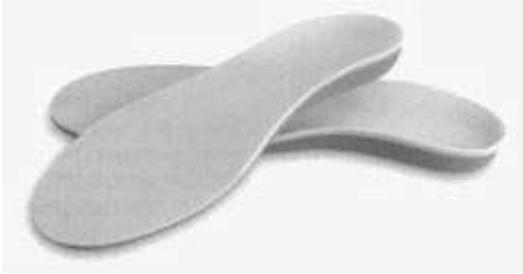
Physical Therapy

## Greenlawn Foot Care

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Podiatrist - Foot Surgeon  
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Greenlawn, NY 11740  
Phone: (631) 754-9090

What Are Orthotics?

Orthotics, which are often used in the treatment of many



types of biomechanical disorders, are custom molded inserts for shoes, that correct foot function and improve efficiency during gait.

They are not only useful for the treatment of foot problems but also can be used for the treatment of ankle, knee, hip, and lower back complaints when these disorders have their origin with abnormal foot function and gait.

Practically all foot problems are directly or indirectly related to foot malalignments. If you are experiencing any foot pains, deformities, fatigue, cramps, etc., you probably have an imbalance in your feet. Orthotics are designed to correct or balance that abnormality.

Just as glasses or contact lenses help to correct your eyesight, orthotics help

re-balance your foot structure to reduce abnormal stresses or abnormal areas of weight bearing in your feet that lead to discomfort and that can cause more serious problems.

The way the bones, muscles, and tendons work together determines the balance and alignment of the foot. This, together with your weight, the type of work you do, the amount of time you are on your feet, and the type of surface you stand on all day, not to mention the type of shoes you wear, also contributes to the delicate balance and alignment of your feet.



Orthotics can be specifically designed for walking, running, in-toe and out-toe gait, and sports activities. Orthotics are used with heel pain (spurs) gait problems, pain in the arch or ball of foot, and many other foot conditions.

## Self Care And Treatment Options



- ✓ Powder both your feet, and the insides of your shoes and sneakers to prevent friction and absorb perspiration.
- ✓ Buy shoes by the way they fit..... not by their size!
- ✓ Make sure that your shoes provide proper support. Flimsy shoes can cause foot and leg pain.
- ✓ Change shoes and sneakers frequently.
- ✓ Have custom fabricated biomechanical orthotics made by your Podiatrist.