

Services

Orthotics

Orthotics from Aldergrove Physiotherapy

Do you have back pain? Hip pain? Knee pain? Do your feet hurt? Often the underlying cause of these problems is how your feet hit the floor when you take a step. Orthotics hold your feet steady to make sure your body stays aligned.

Custom-made foot orthotics perfectly match your feet and your specific imbalances. Medically proven to eliminate your pain and discomfort, orthotics control your foot function by treating imbalances and modifying the areas of weight-bearing on your feet. Your feet and ankles stop rolling as you stand, walk, and run, keeping you better aligned and your whole body in better balance.

By optimizing your foot function and balance with custom-made orthotics, you can reduce foot, ankle, knee, hip, and lower back pain and injuries.

Why are Orthotics Custom Made?

Everybody's feet are different, but they are even more different when you consider how you stand, walk or run. You put weight on some areas before others. Your arch could be high or low. And the different elements of your feet work together to create a unique combination. Custom orthotics hold your feet in position to correct alignment throughout your body. They improve structural issues and compensate for any mechanical problems.

More and more people today have realized how important a custom-made foot orthotic can be. Custom-made foot orthotics require a detailed assessment to fit according to the shape of your feet.

That's why we use a specialized assessment methodology at Aldergrove Physiotherapy. For a strong, stable, and supportive base, it is important to start with a biomechanical assessment to determine the best orthotic for your foot.

At Aldergrove Physiotherapy, we use specialized technology that helps to produce custom-made footwear to address your specific individual needs. Combine that with our years of experience, and we can help almost everyone reach their optimal foot health goals!

Call today for an assessment at Aldergrove Physiotherapy to determine if custom-made orthotics could help you feel and move better! We're looking forward to seeing you.

Make an Appointment

Request an Appointment

Close x

Sending...

Your message was successfully sent. Thank you for your time.

Date and time

First name*

Email*

Phone*

*phone must be 10 digits

Service

We will call you soon to discuss availability.