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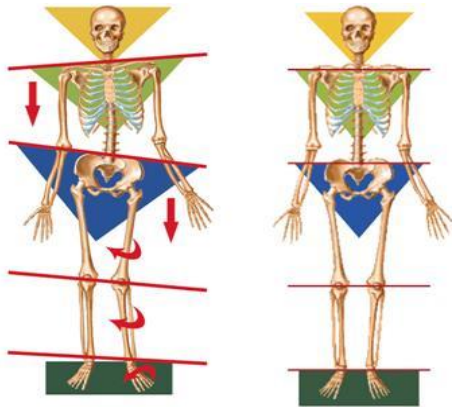


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Custom Orthotics

A custom orthotic controls the mechanics of the foot and places your feet in the proper position for walking and running. Remember the foot is the foundation of the body and proper alignment and positioning of the feet affects everything above it. Custom orthotics are an effective treatment for many foot, ankle and postural problems. Some of the conditions custom orthotics are effective in treating are: heel and arch pain, joint pain, neuromas, diabetic foot problems, arthritis, tendonitis, ankle sprains, flat feet, bunions, hammer toes, shin splints, limb length discrepancies, painful calluses and walking imbalances. Custom orthotics can also be beneficial in treating knee, hip and back pain.



Imbalance in the feet leads to stress and misalignments in the feet, knees and hips and spine.

Foot Orthotics align the body reducing stress and strain on your nervous system and joints.

How are Custom Orthotics Made

To create a high quality custom foot orthotic, the first step is to take a detailed physical examination of the foot and lower extremity, gait and stance analysis. Then a meticulous cast impression of the foot, held in subtalar neutral, utilizing plaster casting technique is done. Utilizing this casting technique along with a top shelf orthotic lab, I have been able to create high quality custom orthotics with over a 90% success rate of relief of my patients foot and ankle pain for over 25 years.

Who uses Custom Orthotics

Professional athletes, weekend warriors, seniors and kids. Basically anyone who is looking for a conservative, non-surgical relief of the foot, ankle and postural ailments.

What Shoes will Orthotics Fit In

Custom orthotics are made to be used in your every day shoes. When being casted for custom orthotics, Dr. Taub will also evaluate your shoes to make sure the orthotics will fit properly. There are different types of orthotics that range from ones for athletic shoes to very thin ones used for dress shoes.

In Conclusion

If you are having foot, ankle or postural pain, you may be a candidate who can benefit from custom fabricated orthotics. Please see our video on our website of **casting for custom fabricated orthotics**.

***Please call our office for an evaluation to see if you are a candidate for custom orthotics.**

~QUOTE OF THE DAY~

"CHALLENGES ARE WHAT MAKE LIFE INTERESTING AND OVERCOMING THEM IS WHAT MAKES LIFE MEANINGFUL" - JOSHUA J. MARINE

See our educational videos of the services we offer on our website. An innovative non-invasive and drug-free procedure with no downtime and very effective for Heel Pain/Plantar Fasciitis and Achilles Tendonitis is EPAT.