

# Junior Custom Orthotics

## Orthotic Pricing

### Scanning Appointment

### Cost

(012) Standard Podiatry Appointment	\$87
or	or
(004) Initial Podiatry Appointment	\$95
+	+
(118) Biomechanical Assessment	\$90
(303) Scanning/Digital Impression	\$75
<b>TOTAL</b>	<b>\$252 or \$260</b>

### Collection Appointment

### Cost

(012) Standard Podiatry Appointment	\$87
(221) Left Custom Moulded Orthotic	\$135
(221) Right Custom Moulded Orthotic	\$135
<b>TOTAL</b>	<b>\$357</b>



## What are Orthotics?

Orthotics are inserts that are worn in your shoes. Orthotics provide support, cushioning and/or correction to your feet.

Orthotics can be utilised to assist the mechanics of your feet during walking and running as well as to relieve stressors on your bones and soft tissues.

Orthotics come in pre-made varieties or can be custom made to the shape of your feet.

Cost, durability and replacement times vary depending on the type of device you have.

It is essential that a qualified professional assesses and recommends the best option for you. Otherwise, you could be aggravating your symptoms.

Similar to being fitted for reading glasses, the level of support required for your individual feet must be precisely determined by a qualified Podiatrist.

## Do I Need New Shoes?

Appropriate footwear is crucial for an orthotic to work its best. There is no need to purchase special orthotic shoes, however the following must be present in your footwear to ensure it is suitable for your orthotic:

- Heel counter must be firm and enclosed
- Backless shoes are not suitable
- Secure fastening around the ankle
  - Velcro or laces are ideal
  - Has a firm sole
  - Bends only at the toes
- Some midsole cushioning. This will filter the shock and impact of walking.

## Care and Cleaning

Clean by wiping with a damp cloth to remove any dirt.

Do not immerse in water, this will destroy the materials.

If they do become wet, air dry them.  
Do not heat in any way.

Empty your shoes of dirt, stones, dust and fluff regularly.

Keep your orthotics away from dogs, they make great chew toys.

## Wearing in your Orthotics

Because an orthotic is designed to alter the mechanics of your feet, your whole body will take awhile to adjust to the new foot position.

Introduce yourself to the orthotics by increasing wear 1 hour at a time each day

Aim to wear your orthotics comfortably for one full day of normal activity before you start wearing them for sport.

Orthotics take a while to settle into each pair of shoes, and may feel like they are slipping. Lacing techniques are available if you are experiencing this.

Increase use as you feel comfortable and if in doubt, please contact us to discuss.

After a few weeks of wearing in your new orthotics you will have a review appointment with your podiatrist to ensure that your orthotics fit, assess their function and comfort and to discuss your ongoing treatment plan.

Orthotics should be reviewed every 12 months. A courtesy reminder message will be sent when you are due for an appointment.

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