

7 Signs You Need Orthotics!

1. YOU HAVE FOOT PAIN OR SWELLING

If you're experiencing foot pain or swelling during or after simple everyday activities (standing, walking around), it's time to see a physiotherapist. You don't need to live with unnecessary foot pain, and orthotics might solve the problem.

If orthotics aren't required, your physiotherapist will investigate the cause of your discomfort, and provide advice on correct footwear and appropriate [exercises](#) to help get you back on track.



2. YOU HAVE SHARP HEEL PAIN

Sharp heel pain, especially when experienced first thing in the morning, can be a sign of [plantar fasciitis](#). (As well as a sign you might need orthotics.) This common foot complaint occurs due to inflammation of the plantar fascia – the thick band of tissue running from your heel bone all the way to your toes.

Supporting the foot's arch, the plantar fascia acts as a shock absorber. It is more susceptible to inflammation if you're overweight, have tight Achilles, high arches or flat feet, or spend a lot of time standing or wearing high heels.

Custom-made orthotics can help alleviate symptoms by providing additional arch support or heel cushioning.



YOU HAVE A FLAT FOOT OR HIGH ARCH

If you have flat feet – with little or no arch – you may experience foot pain or overpronation (inward rolling of the foot). Orthotics can help to relieve pressure on the arch and reduce rolling. Similarly, orthotics may be prescribed in the case of high arches, which can lead to toe issues, corns, calluses, foot pain and [ankle instability](#).



YOU'RE HAVING PROBLEMS WITH BALANCE OR ARE FALLING OVER



Collapsed arches can occur in older adults, leading to flat feet-related balance problems. Orthotics may be helpful in providing stability and reducing discomfort and falls.

YOUR SHOES ARE WEARING UNEVENLY

Another of the clearest signs you might need orthotics can be revealed by a quick glance at your footwear. A sole that is more worn on the inside is a sign of pronation (inward rolling); while supination (outward rolling) will cause wear to the outer side of your shoe. Or maybe one shoe is more worn than the other, which is a sign of different leg lengths.

All of these issues should be addressed – possibly with corrective footwear or inserts – to prevent joint pain and dysfunction.



YOU'VE HAD A LOWER LIMB INJURY



Recent injuries to your lower limbs may affect the way you walk. It is important to make sure your feet are properly supported and you are well aligned and moving efficiently. Orthotics can help with this, and reduce the likelihood of further pain or injury.

YOU HAVE DIABETIC FOOT COMPLICATIONS

As they help to evenly distribute pressure, orthotics will often be prescribed in the management of diabetic foot complications.

Orthotics can be very beneficial in correcting your gait, providing arch support and evenly distributing pressure across the foot. In this way they can help prevent and alleviate pain and swelling, corns and calluses, correct your posture, and even help manage [back pain](#) and headaches.

Now you know the most common signs you need orthotics, it's time to take charge of your foot health. Improve your symptoms from the ground up by booking an appointment with a physiotherapist today.



WHY CHOOSE US?

In our clinic we're offering Phits Orthotics with Footscan technology! Phits is the world's first high-tech 3D printed insole, specifically designed based on your dynamic gait analysis using Footscan®. Phits orthotics provide optimal efficiency, superior stability and extreme durability. Many celebrities and esteemed athletes choose not just any Orthotics but specifically Phits Orthotics to keep them at the peak of physical performance and allow them to avoid injury.

Current athletes choosing Phits Orthotics:

- Paula Radcliffe, Marathon World Record Breaker
- Charlotte Purdue, British Marathon Champion
- Lily Partridge, British Marathon Champion
- Jens Schuermans, Belgian National Champion
- And many others...

"Great to work with a company who change the game of insoles with their 3D printed product to optimise my power transmission on the pedals!"



Jens Schuermans
Belgian National Champion

"Phits Insoles are amazing, a key part of my everyday running essentials! I have a comfort pair for my mileage trainers and a slim pair for my racing shoes and I haven't run without them since my injury in 2019. They were a huge factor in me being able to overcome that and get back to full fitness. I couldn't imagine not having them in my shoes!"



Lily Partridge
British Marathon Champion

"Without the support of Phits orthotics, it would have been impossible to recover after my surgery and most likely I wouldn't have been able to continue my running career."



Paula Radcliffe
Marathon World Record Breaker & Phits Pioneer

"I caught up with the team to get my Footscan analysis and Phits Insoles as I prepare for a very important year ahead. Working with these guys has enabled me to look after all the 1%'s which will enable me to keep training hard, consistently and injury free!"



Charlotte Purdue
British Marathon Champion