

# Services

## Orthotics

# Orthotics from Mt. Lehman Physiotherapy in Abbotsford

Do your feet hurt? Or your knees? Hips? Or Lower back? Often the root of the problem is how your feet hit the floor every time you take a step. Orthotics hold your feet in position to make sure everything else in 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. Our goal is to help optimize your foot balance and functionality. You can reduce pain from injuries in your feet, ankles, knees, hips and lower back with custom-made orthotics.

## 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.

A custom foot orthotic device helps correct the alignment of your foot and how it affects your posture. The custom foot orthotics improve any structural problems and compensate for mechanical deficiencies. 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.

At Mt. Lehman Physiotherapy, we use a specialized methodology to complete a thorough assessment of your feet and imbalances throughout your body. This biomechanical assessment determines the criteria to tailor-make your orthotics.

At Mt. Lehman Physiotherapy in Abbotsford, 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 Mt. Lehman Physiotherapy in Abbotsford to determine if custom-made orthotics could help you feel and move better! We're looking forward to seeing you.

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