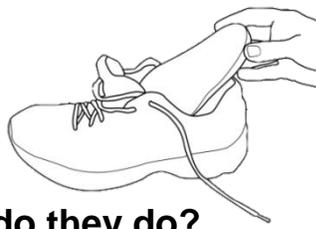


Orthotics (Foot Orthoses)

What are they?

Orthotics are custom made inserts that are fitted into a shoe.



What do they do?

- They support the foot, hold it in a good position, and spread the pressures.
- They can make standing, walking, and running more comfortable.

How are orthotics made?

- Your feet and walking are assessed by a healthcare professional.
- They take a 3D impression of your feet (digital scan or plaster cast).
- The orthotics are often made of plastic but may be made of different materials.
- The orthotics are then fitted to your feet and shoes.

Who makes them?

- Podiatrists and pedorthists specialize in making orthotics.
- Other health care professionals may also make them, for example, physiotherapists or occupational therapists.

Are orthotics covered under health insurance?

- Orthotics are not covered under Medical Services Plan.
- They are often covered if you receive government disability (PWD).
- Prices vary: ask for a quote, and ask if assessment fee and follow up is included in that quote.
- Many medical insurance plans cover some or all of the cost.
- Check details with your benefit provider:
 - Total dollar amount covered.
 - How often they can be replaced.
 - If they are covered if made by health professionals who are not podiatrists.

Most insurance plans only cover orthotic costs if the scan or cast occurs with *no weight on your feet*, in other words lying or sitting.

Plans often do not cover orthotics made with **only** pressure plates or foam box methods.

What are the alternatives?

Not all problems need orthotics. Your health professional may recommend a less expensive over-the-counter arch support, cushioned heel cup or insoles for your shoes.

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