

Foot and ankle problems can be painful and debilitating—literally knocking you off your feet. This part of our anatomy is extremely complex—each foot has 26 bones, 33 joints, more than 150 ligaments, and an intricate network of muscles, nerves, and blood vessels. That's why our physical therapy team recommends custom-fitted orthotics to support your feet! Custom orthotics can help prevent mechanical breakdown or injury with common activities such as standing, walking or running. The joints and muscles in your legs and feet need proper alignment, support, strength, and endurance.

Can help those with:

- Over-pronation
- Over-supination
- Achilles tendinitis
- Plantar Fasciitis
- Peroneal Tendonitis
- Posterior Tibial Tendonitis

Benefits:

- Custom made orthotics will last 2-3 years for a runner or athlete.
- Or, 3-5 years for normal day-to-day wear and tear.

How do I schedule a time to have custom orthotics made for me?

Call the Spectrum Physical Therapy Center at 207.828.2121 to schedule an appointment for custom orthotics in our Portland or Windham offices.

What should I bring with me?

Any previous orthotics you have and the shoes or sneakers that the orthotics will be worn in.

How long does it take?

Your appointment with our physical therapy team will take around 1 hour. After that, standard fabrication time is approximately 2-3 weeks from your initial appointment. When the orthotics come in, you will have a brief follow-up appointment to assess fit and instructions on how to break them in.

What is the cost?

\$284 for your first pair, and re-orders are offered at a discounted price of \$206. New molds or castings are needed only every 3 years, unless there have been any orthopaedic changes since you were last casted.

**We offer molded plaster casting
for our orthotics.**