

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
- Perineal Fasciitis
- 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?

We currently offer custom orthotics at our Portland and Windham locations. Call the Spectrum Physical Therapy Center that's most convenient for you. Specific location information can be found at OrthoSpectrum.com.

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.

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.**