

ORTHOTICS

**FOR THE RELIEF OF MANY
TYPES OF PAIN AND
DISCOMFORT IN THE FOOT
LEG AND LOWER BACK**



Prescribed and made using the very latest Laser imaging technology for accuracy and utilising the most advanced and durable materials

Credit/Debit Cards Accepted



***Accepted by HSA
and other leading Insurers***

WHO CAN BENEFIT FROM ORTHOTICS?

You may be a candidate for Orthotics if you suffer any of the following:

- You suffer heel, knee, or back pain
- Your feet point inwards or outwards
- You suffer shin pain
- You have a tendency to sprain your ankle
- One side of your shoe wears quicker than the other

Many people can benefit from the fitting of Orthotics. They can prevent and alleviate many of the common foot complications which can result in heel, knee, hip and back pain. Orthotics can be designed and fitted into a wide range of shoe types including sports footwear.

WHAT ARE ORTHOTICS AND HOW THEY WORK

Orthotics are shaped insoles specifically designed for your foot to correct the problem which can lead to the above symptoms. They are placed into your every day shoes. Typical corrective effects of the Orthotic may be to straighten the foot, support a raised arch or raise a flattened arch. They can also be used to correct problems arising from injuries which may not have healed correctly.

At the MK Clinic we can prescribe a range of Orthotics to suite a range of needs and budget, from simple preformed insoles to the very latest custom made Carbon Orthotics. These high quality items are made by skilled technicians from an accurate 3D image taken using the latest Laser casting system. No longer is it necessary for the Patient to remain still whilst a plaster cast is taken. The system is clean fast and accurate. The 3D image is then sent direct to the laboratory by electronic transfer along with the detailed Biomechanical assessment for manufacture.

We can prescribe Orthotics for a wide range of uses from every day wear to specialised items for Sports and Athletes.

GETTING YOUR ORTHOTICS

To provide an effective solution Orthotics need to be accurately made to the shape of the individuals feet and the corrections prescribed accurately assessed. Initially we will carry out a detailed biomechanical assessment to diagnose the causes. This assessment will also provide us with the necessary information for an accurate prescription of corrections required. Our Laser imaging system will then provide the laboratory with the most accurate 3D image of each foot from which the Orthotics can be made.

Accurately making the items exactly to the individuals foot ensures even load distribution and comfort, the key to successful treatment. We can then dial in a wide range of prescriptive corrections and adjustments to effect a solution. In addition we can vary the flexibility and softness of the support given according to the needs and preferences of the Patient.

For the majority of Patients one pair of Orthotics is sufficient and can be swapped between shoes. Specialised items can also be provided including for ladies heeled fashion shoes and specialist Sports shoes. Made of Carbon based materials the Orthotics are light and take up the minimum space in the shoes. In addition they have a life long guarantee of replacement in the event of breakage or failure.

CHARGES AND COSTS:

Full biomechanical assessment from	£35:00
Vasyl Pre formed inserts	£60:00
Carbon Fibre Bespoke Orthotics	£240:00

MK CLINIC

HPC Registered Chiropody/Podiatry Clinic

122 Newport Road,

New Bradwell Milton Keynes, MK13 0AA

Tel: 01908 610503

Internet: www.mkclinic.org.uk
E-Mail: reception@mkclinic.org.uk