



Patient Resources For Custom Orthotics

All About Custom Orthotics

Support for Your Foundation, Relief for Your Whole Body

Custom orthotics are more than just shoe inserts. They are a powerful tool in supporting your posture, relieving pain, and enhancing your overall well-being.

Below are answers to the most common questions patients ask about custom orthotics at our clinic.

What Are Custom Orthotics?

Custom orthotics are medical-grade shoe inserts designed specifically for your feet. They help support and align your foot structure, which in turn improves your posture, gait, and full-body biomechanics.

Chiropractors often recommend orthotics to help address structural imbalances that can affect not just your feet, but also your spine, hips, knees, and beyond.

Why Would Custom Orthotics Be Recommended?

Your feet are the foundation of your posture. When they lack proper support, it can lead to misalignments throughout your body, especially in the spine and pelvis. Custom orthotics work to correct these imbalances, reducing unnecessary strain on joints and muscles and helping to prevent further injury or discomfort.

Are Custom Orthotics Better Than Store-Bought Inserts?

Yes, Absolutely!

While store-bought inserts may offer basic cushioning, they're not tailored to your individual needs. Custom orthotics are specifically made for your unique foot shape, gait, and biomechanical patterns. This personalized approach makes them far more effective in addressing the root causes of pain or postural issues.

What Conditions Can Custom Orthotics Help With?

Custom orthotics can support your chiropractic care and help manage or alleviate symptoms related to:

- ★ Low back pain
- ★ Hip or knee pain
- ★ Plantar fasciitis
- ★ Flat feet or overpronation
- ★ Sciatica
- ★ Leg length discrepancy
- ★ Heel, foot, or ankle pain
- ★ Postural imbalances

How Are Custom Orthotics Made?

We use advanced tools such as:

- ⌚ 3D foot scanning
- ⌚ Digital gait analysis
- ⌚ Foam impression casting



These techniques allow us to collect precise data about your feet and how you move. Your orthotics are then custom-made at a specialized lab to match your body's specific mechanics.

Will I Feel a Difference Right Away?

Some patients feel immediate relief, while others may need a few weeks to adjust. A short break-in period is completely normal. Your provider will guide you on gradually increasing wear time for optimal comfort and effectiveness.

How Long Do Custom Orthotics Last?

Most custom orthotics last between 2 to 5 years, depending on how often they're worn and how well they're cared for. We'll check them periodically to ensure they're still meeting your needs as your posture or condition evolves.

Do Orthotics Fit in Any Type of Shoe?

Custom orthotics fit most athletic or casual shoes that have removable insoles. If you often wear dress shoes or boots, we can offer guidance on specialized orthotic options to ensure you get the right fit and function for your lifestyle.

Will My Insurance Cover Custom Orthotics?

Most extended health insurance plans do cover custom orthotics, but direct billing is often not available. We recommend contacting your provider to confirm your specific coverage details in advance.





What Should I Expect When Ordering Custom Orthotics?

To begin your custom orthotic process:

- A \$250 deposit is required at the time of your foot scan or casting.
- The remaining balance is due once your orthotics arrive.
- A follow-up fitting appointment is included at no extra cost to ensure proper fit and performance.

At your fitting appointment, you will receive:

- A detailed receipt for insurance
- Authenticity documentation from the orthotics lab
- A gait and postural analysis report (if applicable)
- Care and usage instructions to help maximize the life of your orthotics

Ready to Take the Next Step?

If you're experiencing chronic pain or postural concerns, custom orthotics may be the solution.

Book an assessment with our team today and take the first step toward more supported, balanced movement.



Contact Us

Address: 102C, 8805 Resources Road,
Grande Prairie, AB T8V 3A6

Phone: 780-539-1261

Email: info@hillstar.ca