

Frequently Asked Questions

Why Do Patients Prefer Custom-Made Orthotics?

Custom orthotics are fabricated specifically for your feet using the latest 3D scanning technology, giving you the precise support you need. Orthotics are a highly effective treatment to help manage and alleviate foot, lower leg, knee and back pain. Non-prescription orthotics may help, but do not maintain their shape and support for more than a few weeks. Appletree custom-made orthotics maintain their support usually for two years or more.

What's a Pedorthist?

A Certified Pedorthist is a professional who has specialized training to assess your feet and gait that design and fabricate supportive insoles and devices to address conditions which affect the feet and lower limbs. Appletree Pedorthist team is qualified to determine the appropriate orthotic and modifications you will need for each foot to help you alleviate your symptoms.

What are common types of foot pain?

Common types of foot pain include heel problems such as Achilles Tendonitis, Heel Spurs and Plantar fasciitis, or arch problems such as Flat feet, High arches, Overuse, or forefoot problems such as Metatarsalgia, Bunions and Arthritis.



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Get Your Custom Orthotics Today


Orthotics are available by appointment only.



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**Custom-Made
Orthotics**

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Book Online Via our Patient Portal 

**Relieve Foot Pain
with Orthotics**

Custom-Made Orthotics

What Are Custom-Made Orthotics?

Custom-made orthotics are prescription medical devices that you wear inside your shoes to correct biomechanical foot issues. These may include problems with how you walk, stand or run relating to the structure, function and motion of your foot. Orthotics can also help with foot pain caused by medical conditions such as diabetes, plantar fasciitis, bursitis and arthritis. Custom orthotics can even help conservatively manage foot pain while waiting for needed foot surgery.

What Are the Causes of Foot Pain?

There are many causes of foot pain. Acute or abnormal strain is one of the most common causes of foot pain caused by running, weight gain, injuries, arthritis, poor shoe selection, prolonged standing, age-related changes, calluses or skin problems.

Certain medical conditions such as arthritis, diabetes, spinal problems, leg deformities, neurological disorders, pregnancy, obesity and medications can cause foot pain. Other lifestyle choices can also cause foot disturbances, such as wearing ill-fitting shoes or high heels or doing high impact exercise like jogging.

About Our Technology

The TOG GaitScan™ is an innovative diagnostic tool and digital casting device that allows practitioners to analyze patient biomechanics and order custom orthotic products. With 4,096 sensors and a scan rate of 300 frames per second, GaitScan™ is the industry leader in dynamic scanning capabilities. GaitScan™ is a valuable education tool that provides practitioners with a comprehensive biomechanical analysis for each patient as well as clear, concise images to assess and articulate the need for orthotic therapy.



What does this mean for you? A new, in-depth method of assessing your gait cycle with a dynamic scan gives your health care provider access to a wealth of information that cannot be obtained with the naked eye. Over a million points of data are recorded, tracking minor flaws in your biomechanics and shedding light on issues that, if left untreated, could develop into painful conditions over time.

What To Expect



Book Your Appointment

Custom-made orthotics are available at many Appletree Medical Centres.



During the Appointment

A licensed specialist such as a podiatrist or chiropractor will assess your feet for any abnormalities and normal range of motion, and will perform a biomechanical evaluation and gait analysis.



After Your Appointment

You will be scheduled for a fitting appointment for your custom orthotics. A follow-up appointment will be scheduled after six weeks if you experience any discomfort. You can book or reschedule your appointment through our secure Patient Portal.

Receive Your Custom Orthotics



✓ In-Clinic

