

Custom Foot Orthotics

Custom foot orthotics are shoe inserts designed to support the natural shape of the foot, align the ankle and improve posture and foot function in general. At My FootDr our podiatrists prescribe orthotics to treat a range of foot, ankle, leg and lower back conditions.

We use the latest technology to design and make our custom foot orthotics. This allows us to fine-tune and manufacture your custom foot orthotic prescription with computer-aided precision and repeatability. This means that there is no need for a conventional messy and inaccurate plaster cast to make your orthotics. Instead, we record the exact contours of your foot whilst it is being held in its corrected standing position by your experienced My FootDr podiatrist.



Benefits of Custom Foot Orthotics

- Improves balance and posture
- Supports the foot in its most optimal position
- Helps to prevent knee and lower back pain
- Improves weight bearing during sports and exercise
- Improves shoe fit and comfort during long periods of standing and walking
- Helps children's feet to grow in a neutral and anatomically aligned position



Orthotics help to relieve and prevent foot, ankle and knee pain, as well as improving balance and posture.



Our 3D printed custom foot orthotics are designed to fit into any shoe style, including sports and dress shoes.



MyFootDr.
Healthy feet. Better lives.

Visit myfootdr.com.au to book online now or call 1800 FOOTDR. No referral needed!