



Pedorthic Visit for Therapeutic Shoes / Inserts

Step 1: Initial Evaluation

When you come in for an appointment, one of our certified pedorthists will conduct a thorough evaluation of your feet. We'll examine your gait, ask you questions to learn your daily habits, and measure your feet in every way they can be measured. We'll even inspect your current shoes to determine wear patterns. Lastly, we'll create 3D molds of your feet so we can create the perfect foot orthotics for you. If you have a prescription for shoes, you can make your product selection at this time, so that your shoes will be ready at the same time as your foot orthotics.

Step 2: Fabrication

After we have 3D molds of your feet, we'll create your foot orthotics. Using the molds and the information we gathered from your evaluation, we'll know the size, shape and firmness your foot orthotics should be. Because we use a wide variety of orthotic materials, we can design yours so specific to you it will be as unique as your fingerprint.

Step 3: Fitting & Delivery

When your orthotics are complete, typically 10-14 days later, you'll come back into the clinic to see how they fit. If there are any adjustments that need to be made, we can make them on site in a matter of minutes, so you'll be ready to walk out with your orthotics without waiting any longer. If you ordered shoes, you will receive them at this time. You will also receive a wear schedule during this visit. Foot orthotics have a specific "break-in schedule" that is important for you to follow to prevent injury to your feet.

Step 4: Follow-Up

A follow-up visit is included with your service. We'll schedule it approximately 2 weeks after delivery to be sure your orthotics are giving you the highest comfort level possible. If you have any problems before this visit, be sure to contact us immediately to schedule an appointment sooner.