



Sports Foot Orthotics By Conrad Barnard Orthotics & Prosthetics

Foot Orthotic Indicated For Sports -

The use of orthotic insoles has become more widespread in the last 10 years. Most professional athletes are now fitted with foot orthotics, in particular long distance runners. Sports injuries often involve musculoskeletal injuries to the joints, bones, tendons, or ligaments- many of these injuries are caused by overuse.

Overuse injuries are injuries sustained from repeated action. This is specifically prevalent in running type sports.

At Conrad Barnard Orthotics & Prosthetics we do a gait analysis to determine degree of pronation and supination, weight distribution, abnormal pressure points and ground reaction forces to formulate a orthotic design that will address the biomechanical issues that cause overuse injuries.

Goals of Sport Orthotics -

The main goal of orthotic devices is to improve the function of the foot to ensure optimal foot and lower leg function- thus preventing overuse from occurring.

Orthotics are recommended according to diagnosis by a doctor, orthopaedic surgeon, physiotherapist or chiropractor.

No matter how much money you spend on running shoes, these products are not designed to correct excess pronation, as is often claimed by big brand sports footwear companies.





Differences in Sport Orthotics vs. Other Foot Orthotics –

When participating in running sports – the foot is subjected to, 2 -3 times your body weight with each step.

The main differences are:

- Foot orthotic indicated for sport needs to have to right combination of cushion and support as a result of the high forces involved.
- Additional to this full-length orthotics are suggested when they will be used to participate in sport. This will ensure a snug fit in the sport shoe and will also play a role in shock absorption



Please feel free to contact us for information or to book an appointment.