Orthotics for runners

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Orthotics for runners are devices designed to provide support and correct biomechanical imbalances in the feet and lower limbs. They are commonly used to alleviate pain, prevent injuries, and improve performance for runners. Here are some key points to consider regarding orthotics for runners:

Purpose: Orthotics aim to provide stability, cushioning, and alignment to the feet and lower limbs, helping to improve gait efficiency, reduce excessive pronation or supination, and distribute forces more evenly during running.

Types of Orthotics: There are two main types of orthotics for runners: custom made orthotics and off-the-shelf orthotics.

Custom-made orthotics: These are designed specifically for an individual's feet and biomechanical needs. They are typically prescribed by a podiatrist or orthopedic specialist who performs a thorough assessment, including gait analysis and foot measurements. Custom orthotics are usually made from impressions or digital scans of the feet. They provide personalized support and can address specific foot conditions or abnormalities.

Off-the-shelf orthotics: These are pre-made, ready-to-use orthotic inserts that are available in various sizes and arch profiles. They are less expensive than custom orthotics and can be purchased from sports stores or online. While not as personalized as custom-made orthotics, they can still offer support and help with common foot issues.

Benefits for Runners: Orthotics can provide several benefits for runners, including:

Correcting biomechanical imbalances: **Orthotics** can help align the feet and lower limbs, reducing excessive pronation (inward rolling of the foot) or

supination (outward rolling of the foot) during running. This can help improve running form and reduce the risk of overuse injuries.

Alleviating pain: Runners with conditions like plantar fasciitis, Achilles tendonitis, or shin splints may find relief by using orthotics. **Orthotics** can provide additional cushioning and support to reduce pressure on sensitive areas and help distribute forces more evenly