



Orthotics - FAQs

It occasionally seems to us in our practice that the subject of orthotic shoe inserts can loom over people like a gigantic black hole of mystery. We're here to grab your hand and dive into that black hole... and hopefully emerge with a much better understanding of what orthotics are for, whether or not you need them, and how on earth to get a pair!

First things first: What, you ask, *are* Custom Orthotics?

Well, in a literal sense, they are inserts you can put in your shoes or boots. You can even custom order footwear with these inserts already built *into* the shoe, boot, or in this case even sandal! When I say custom, I still mean off-the-shelf store brands like Nike, Asics, New Balance, Clarks, Timberland (I could go on). The footwear is current, stylish, and mainstream. While custom footwear isn't necessary, it is a nice perk for some people.

The difference between any old orthotic insert and a Custom Orthotic insert is that a pair of Custom Orthotics are made very specifically for *your* feet. At our office, we make a cast, or a negative impression of your feet which is used as a model from which to build the orthotics to specifically correct angles, asymmetries, and all of the other issues you may be having.

Orthotics are used to treat a variety of conditions. Like what? Well, here's a list of examples of the most common conditions treated with orthotics:

- Plantar Fasciitis
- Heel Pain
- Metatarsal Pain
- Achilles tendinopathy
- Intrinsic Foot Pain
- Shin Splints
- Knee Pain
- Back Pain

Now, to be clear, orthotics are rarely the only therapeutic intervention used in these conditions. Usually they are used in conjunction with other therapies.

Are Custom Orthotics covered by OHIP?

No, however most extended health plans do cover custom orthotics. If you're wondering if yours does, all you need to do is consult your extended health care policy or contact your group insurance provider. We recommend picking up the phone as health plans do vary and wording in these policies can be a bit confusing.

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Sellars Chiropractic & Wellness Centre Hours:

Monday – 8am-8pm

Tuesday – 8am-8pm

Wednesday – 8am-8pm

Thursday – 8am-8pm

Friday – 8am-6pm

To Book an Appointment

By Email:

info@sellarswellness.com

By Phone:

519-208-6900

Who can prescribe Custom Orthotics?

We can, we can! But, so can several other health professionals such as:

- Podiatrists
- Chiropodists
- Chiropractors* (that's us!)
- Medical Doctors

*While chiropractors are allowed to both prescribe and dispense orthotics, some extended health plans require a referral from your medical doctor in order for the orthotics to be covered by your extended health plan.

Who can dispense Custom Orthotics?

Dispensing orthotics simply means handing them over to you, along with the correct paperwork you need, and making sure they fit properly in your footwear and are not causing you any discomfort. So, who can do that? Here's who:

- Chiropractors
- Podiatrists
- Chiropodists
- Physiotherapists
- Occupational Therapists
- Various other Health Professionals depending on your extended health plan

Okay, I think I may need or benefit from Custom Orthotics and I want to come get them from Dr. Sellars or Dr. Belanger. What now?

Number one - call your Extended Health Plan and find out if your plan requires a note from your medical doctor. If they do - get that *first*. If they don't, you can come directly to us. If you're an existing patient of ours, it is as easy as calling the clinic and setting up an appointment to get assessed and cast for Custom Orthotics. (If you are not a current patient of ours, not a problem. However, we do need to do a health history and a full biomechanical and gait exam on you before we can cast you for your Custom Orthotics. This isn't because we're difficult, it's because we need to make sure these orthotics are necessary and that they are properly suited to your individual needs). That's it! We'll take care of the rest. Custom Orthotics take between one and two weeks to come back to us, and then we can dispense them to you. Easy.