

From Pain to Performance: Orthotic Footwear

By Nicholas Pagano, DPM

Let's face it: in podiatry, it often feels like we're fighting gravity itself. When the body is misaligned, our joints—especially in the feet—take the brunt of it. Considering the complex motion that happens in three planes at once, support isn't just about comfort. It's crucial to joint function, mobility, and letting the foot absorb shock without completely falling apart.

This is where over-the-counter (OTC) orthotic footwear really shines. It's the bridge between the biomechanical "ideal" and the varied, unpredictable lives our patients lead. Throughout the week, podiatrists will encounter conditions like pes planus, Achilles tendonitis, Morton's neuroma, plantar fasciitis, bunions, and midfoot arthritis. If it hurts to move and bear weight, good orthotic footwear helpfully steps in, reducing strain, guiding motion, and



helping prevent further injuries rather than just treating pain.

Deciding whether a patient needs custom orthotics or an OTC option comes down to the pain's severity and how the patient responds to initial treatments. Start with a prefab orthotic, observe their gait, maybe throw in some creative taping, and only reach for custom if needed. Honestly, plenty of patients are more than happy with high-quality OTC support.

The dream orthotic shoe—like the Fusion line from Revitalign®—should offer serious shock absorption, deep heel cups for stability, universal arch support and extra forefoot com-

fort. The goal always remains the same: treat the issue in office so patients leave with their solution, not just a to-do list. After all, wouldn't it be nice if everyone went home with a full treatment plan in hand and not the complaint?

To explore Revitalign® orthotic footwear, visit www.revitalign.com or [click here](#).