

Services

Orthotics

Foot Orthotics are custom-made shoe inserts that are medically proven to eliminate pain and discomfort. Orthotics are designed to control foot function by treating imbalances and modifying areas of weight-bearing on the foot. Many foot problems can be effectively treated with orthotics.

At Apex Physiotherapy we realize that every foot that we see is completely different. However, with our specialized assessment methodology and our years of experience, we can help almost everyone reach their optimal foot health goals!

More and more people today have realized the need for wearing a custom made foot orthotic. Custom made foot orthotics require a detailed assessment to fit according to the shape of your feet.

A custom foot orthotic device helps in correcting the alignment of the foot and the posture of the lower extremity. For a strong, stable and supportive base it is very important that our registered physiotherapists conduct a biomechanical assessment to prescribe the best orthotic for your foot.

Apex Physiotherapy uses specialized technology that helps to produce custom made footwear to address your specific individual needs. The custom foot orthotics device improves the structural deformities of the feet and mechanical deficiencies.

Our goal is to optimize your foot balance and functionality; and reduce pain from injuries such as foot, ankle, knee, hip and lower back.