

ASK YOUR PHYSICAL THERAPIST

What Are PHITS 3D Custom Foot Orthotics And How Are They Different From Traditional Custom Foot Orthotics?

Good Question! First off, for our readers who may not know what traditional custom foot orthotics are, allow me to explain. Traditional custom foot orthotics are a device that is custom fit to your foot, made of semi-rigid material, that is inserted into your shoe. It the place of the inlay that comes with the shoe. This custom fit device supports the arch by evenly distributing pressure across your foot so that it is not too much in any one area. Orthotics are used to treat heel and arch pain, pain/numbness at the balls of the feet, flat feet, high arches, fallen arches, tendonitis, Achilles tendonitis, knee/hip/and low back pain. Traditional orthotics are made by casting your foot with plaster casting while you lie down or sit up. These orthotics are most effective when used in conjunction with Physical Therapy. Physical Therapy identifies the areas of soft tissue tightness and irritation as well as muscles/joint that are not flexible enough or are weak – essentially identifying and resolving the cause of the pain you are having versus just treating the symptoms of the problem with medications or rest. Using Physical Therapy in conjunction with custom foot orthotics provides long term/permanent resolution of symptoms much more often that just using custom orthotics alone.

OK, so... what are PHITS 3D Custom Foot Orthotics and why are they any different/better than traditional foot orthotics? PHITS 3D custom foot orthotics are made by using a high tech computer software that is synced with a force plate that measure your foot pressure while you stand, walk, and run (if appropriate) across the force plate. The force plate and software analyze the information to determine the parts of your feet that have too much pressure or not enough pressure and show you the faulty walking mechanics that are causing your foot pain. Finally, the software uses the analysis to suggest how the orthotic should be made and the Foot and Ankle

experts at Cardin and Miller Physical Therapy use the information they gather during the hour evaluation they perform on you to make any changes to the PHITS software recommendations. Once the PHITS and Cardin and Miller Physical Therapy info is melded together, the computer file is sent to PHITS orthotic lab where the custom orthotics are 3D printed using a semi rigid nylon material that is very adjustable. The completed orthotic is sent to Cardin and Miller Physical Therapy and the Cardin and Miller experts fit the orthotic into the shoe and make any adjustments if needed.

So...How does this make PHITS orthotics any better than traditional orthotics?

Since PHITS orthotics are made by analyzing what the foot is doing in a weight bearing position, it is more accurate at capturing and correcting faulty mechanics that are occurring while you are upright vs. traditional foot orthotics that are made by plaster casting you in a seated or lying position. Due to its sophisticated, technologically advanced software and force plate technology, PHITS is able to correct for mechanical faults that traditional orthotics cannot correct for.

The foot and ankle experts at Cardin and Miller Physical Therapy are the **ONLY** providers of PHITS orthotics in Central Pennsylvania. **CALL TODAY** – 717-245-0400 (locations in Carlisle, Mechanicsburg and Harrisburg) to schedule your **FREE SCREEN/CONSULTATION** – which is a 15 min one on one meeting with an expert at Cardin and Miller Physical Therapy in which we listen to your situation to see if PHITS orthotics are right for you. You may also call and schedule an evaluation if you wish to skip the free screen.

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