

Foot Orthotics: A Comprehensive Review of Types, Applications and Efficacy

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tailored solutions for various foot conditions and biomechanical issues. This comprehensive review aims to explore the diverse types of foot orthotics, their applications across medical and athletic domains, and the empirical evidence

Keywords: Foot orthotics; Efficacy; Biomechanics; Clinical research; Foot conditions; Applications; Medical and athletic domains; Empirical evidence

Introduction

Foot orthotics are devices designed to support, align, and correct the function of the foot and ankle. They are used to treat a variety of conditions, including flat feet, high arches, bunions, and plantar fasciitis. This review explores the different types of foot orthotics, their applications in both medical and athletic settings, and the evidence supporting their effectiveness. The goal is to provide a comprehensive overview of the current state of foot orthotics research and practice.

