



Foot Orthotics: Mechanisms, Types and Clinical Applications

John Carthy*

Massachusetts General Hospital, Department of Orthopaedic Surgery, USA

Abstract

Foot orthotics represent a fundamental tool in podiatric and orthopedic practice, designed to optimize foot

Keywords:

Introduction

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The foot is a complex structure that supports the body's weight and provides a stable base for movement. It is composed of 26 bones, 33 joints, and over 100 muscles, tendons, and ligaments. The foot's primary function is to absorb shock and provide propulsion during walking and running. The arch of the foot is a key structural feature that helps distribute weight and maintain balance. The forefoot, midfoot, and hindfoot are the three main regions of the foot, each with distinct functions and structures. The forefoot is responsible for propulsion, the midfoot for shock absorption, and the hindfoot for stability and balance. The foot's ability to adapt to different surfaces and activities is a result of its complex structure and the flexibility of its joints and soft tissues. The foot's structure and function are closely related to the overall health of the body, and any changes in the foot's structure or function can lead to various conditions and symptoms.

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Discussion

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Acknowledgement

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Conflict of Interest

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References

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