

Orthotic Insole could help you

If you are suffering from

Feet Pain	Plantar Fasciitis	Bunion
Flat Feet / High Arch Feet	Metatarsalgia	Knee / Hip or Low Back Pain



Our feet were intended for use on a variety of surfaces such as sand and soil – not hard concrete. Because hard surfaces offer no support to the arches of the feet, our feet tend to roll inwards causing the arches to flatten – a condition called 'excessive pronation'. Up to 80% of the population exhibit this condition.

As our feet, ankles, legs and back try to compensate for pronation, our bones and muscles are thrown out of alignment causing many common complaints.

Orthotic insole is able to cure your feet, knee or low back pain by correcting the over pronated feet. Moreover, additions will be added by physiotherapists when other deformities of your feet is suspected during the assessment.



Orthotic Insole Fitting

Before feet measurement and insole fitting, patients will first be assessed by physiotherapists. Only assessment fee will be charged if you are not suitable for insole fitting. Normally, your insole will be finished on the first visit. The orthotic insole fitting fee included assessment fee and one follow-up session, which should be finished in 2 to 4 weeks.

If you do not have physiotherapy referral, you will be arranged to see the doctor in our out-patient department. There is no charge for the out-patient consultation, but you must present the referral on the same day of insole fitting.

