

# HOW CANADIAN CERTIFIED PEDORTHISTS CAN HELP YOU

**For people with lower limb ailments, pedorthics can be the difference between being able to watch, and being able to do.**

As one of the few healthcare professionals educated in the assessment, creation, modification and fit of footwear and foot orthoses (orthotics), certified members of the Pedorthic Association of Canada (PAC) are regularly called upon to fill prescriptions and make recommendations regarding appropriate footcare management.

A Canadian Certified Pedorthist assists in alleviating painful or debilitating conditions resulting from abnormalities or limited actions of the lower limb. Canadian Certified Pedorthists may assess for and create various types of custom orthoses to improve and assist in:

- \* Accommodations of foot deformities
  - » Realignment of anatomical structures
  - » Redistribution of external and internal forces
  - » Balance
  - » Control of biomechanical function
  - » Accommodation of circulatory concerns » Improvement of the movement of limbs compromised as a result of an accident, congenital deformity, neural condition or disease

## PEDORTHIC SERVICES

To help patients deal with pain, discomfort and disabilities in the lower limbs, Canadian Certified Pedorthists provide a range of specialized services including:

**Pedorthic Assessment**- an assessment of lower limb bony alignment, movement pattern, general function of the foot, and the interaction of the foot with the rest of the body. Typically a pedorthic assessment includes history taking, bony palpation, range of motion testing, gait analysis, and footwear consultation.

**Gait Analysis** - the observation of the lower extremity to determine deviations in alignment, movement pattern and symmetry. This may be done visually or through video recording.

**Custom Foot Orthoses (Orthotics)** - foot appliances placed within shoes which are manufactured from three dimensional images of the foot, and made from raw materials. Canadian Certified Pedorthists create custom foot orthoses to accommodate bony deformities, and/or modify the movement pattern of the foot and lower limb.

**Custom-Made Footwear** - footwear that is manufactured from a three dimensional image of the foot and lower leg, and made of raw materials. Canadian Certified Pedorthic Master Craftsmen (C Ped MC) specifically design unique custom-made footwear for individuals who need it. It is usually needed when mass-produced footwear will not fit due to deformity, or will not suit the patient due to significant dysfunction. The footwear may be functional or accommodative.