

Basketball Orthotics



What exactly is an 'Basketball orthotic'?

A 'basketball orthotic' is a device designed to restore your natural foot function meaning which it will improve the alignment between your feet and legs. This not only reduces stress on the lower extremities, but also improve performance by allowing you to move quicker, faster, and jump higher. Most NBA & WNBA players use them.

Many 'biomechanical' (walking) complaints such as heel pain, knee pain and lower back pain are caused by poor foot function. Basketball orthotics re-align the foot and ankle bones to their neutral position, thereby restoring natural foot function. In turn this helps alleviate problems in other parts of the body. In addition, basketball orthotics give a more even weight distribution, taking pressure of sore spots (e.g. the ball of the foot, corns in between toes, bunions etc) and they provide some shock absorption.

Who needs Basketball orthotics?

Basketball orthotics benefit basketball players with foot/ leg pain or discomfort due to walking imbalance (biomechanical complaint). Imbalances such as flat feet, heel pain, knee pain and shin pain are known to cause pain and discomfort. They also help to *prevent injury*.

Can you wear the basketball orthotics during all daily activities?

- People who stand or walk all day will benefit from orthotics.
- If you suffer with pain in your feet, legs, or lower back during any form of sporting exercise, orthotics can reduce the pain associated with your condition.
- For overweight individuals, orthotics will help to counteract the extra stress being placed on the feet.

What specific conditions may be helped?

Below is a list of all the conditions that basketball orthotics can help.

Achilles Tendonitis, Corns, Metatarsalgia, Sesamoiditis, Ankle Sprains, Flat Feet, Neuroma, Tendonitis, Arch Pain, Heel Pain, Plantar Fasciitis, Pronation, Top of the foot pain, Bunions, Knee Pain, Shin Pain, Toe Pain, Lower Back Pain.

Imbalance in your feet can alter the bony structure of your feet and lower legs, Basketball Orthotics have been proven to eliminate posture problems and foot and leg pain.

Do I need a doctor's prescription to order basketball orthotics?

Yes if you want them made accurately. This can be done by your local Podiatrist (Foot & Ankle Specialist).

Why do I need Basketball orthotics?

Imbalances of the bones of the feet can result in abnormal foot motion (over pronation). This can impair foot function which can result in abnormal rotation of the legs and sometimes affects the knees, hips or back. If we combine these tremendous forces with the need for precise balance, we can see how small structural changes in the foot can make significant differences. Basketball Orthotics help to improve those structural changes. They are also performance enhancers. Research has proven that custom orthotics can increase speed, quickness, and vertical jump and at the same time reduce injuries. That's why most NBA/WNBA players wear them

If I use basketball orthotics will I become dependent on them?

No. Orthotics simply allow the muscles, tendons and bones of the feet and lower legs to function at their highest potential.

Can Basketball orthotics reduce pronation and prevent sports injuries?

A project conducted at the NIKE Sport Research Laboratory studied the effects of orthotics on rear foot movement in running. Nine well-trained runners who wore orthotics were chosen as subjects. The results of the study indicated that orthotics reduced rear foot movement by roughly one degree or approximately nine percent of the amount found in runners not using orthotics. The average reduction of the maximum velocity of pronation was fifteen percent. Thus this study indicates that orthotics and insoles control over pronation which will treat and prevent many sporting injuries.

How long will my Basketball orthotics Last?

Usually between 12 to 18 months.

Does it take time to get used to Basketball orthotics ?

Your feet need time to adjust to the correct biomechanical (walking) position. Orthotics should be gradually used to begin with. During the first 48 hours of use, use the orthotics for approximately 3-4 hours. After this period of time it is recommended you use the orthotics for 6-8 hours. In the second week of use the orthotics can be utilized all day.

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