

Formthotics Guide

If you have problems with your feet, you will probably have already tried to find a solution to your problem. You could be confused by some of the advice you have received, and various claims to solve your problem.

You could be forgiven for thinking that the page you are now reading is similar to many others. The main difference is that it is a solution that has worked for me, and many others have not. This is no guarantee that it will work for you, but it should be worth trying as there is a good possibility that it could also be successful in your case.

The Problem

The ideal situation is that when you run or walk your foot should be flat when it makes contact with the ground. This does not happen for most people.

The outside edge of your foot usually makes contact first, and then the remainder of the foot flattens against the ground. The result is a rolling action from the outside to the inside of the foot.

Pronation

*When this action is repeated with every step or stride the result ranges from discomfort to pain with some people. This is called **Pronation** and is well known to many runners.*

The running shoe companies produce support shoes which are described as anti-pronation. While this term may not be familiar in other sports, this is normally the cause of many foot problems. You can easily find out more on this subject by an internet search.

A Solution

The obvious way to correct the problem is to reduce this repeated rolling action. Some shoes can help by supporting the foot, but they cannot hope to correct the problem for everyone. A more individual solution is required to solve this problem.

This is achieved by using a Sports Orthotic that is moulded to the shape of your foot. If you are not familiar with this type of product, the simplest description is to call it an arch support.

It is important to stress that it must be made to fit the shape of your foot, and not a standard item sold to you in a shop.



Features

The main feature you obviously want is to cure the pain problem. You do not want other problems created, therefore, some other features have to be included in the design of the Orthotic.

These are described on the next page.

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Custom Fit

The shape of your foot is unique, but a shoe designed for general use has an average shape. Some shoes have special features built in such as a running shoe designed to help anyone with pronation problems. The result is that while it may help to improve your problem, it will not be exactly the correct fit.

The solution is to create a footbed that exactly matches the shape of your foot. This is achieved by using a product that can be



moulded to the exact shape of your foot. The method used also needs to be a simple process.

One such product is the Formthotic Footbed. This replaces the original insole in your shoe, and is heat moulded to the shape of your feet. The result is an individual insert that is a custom fit for you, instead of a general purpose product.

This type of device is often known as a custom fit orthotic, running orthotic, or the more general sports orthotic. The name is less important than the fact that it can help many people who have a problem with their feet.

Weight

You do not want to significantly change the weight of your footwear. The original insole supplied with the shoe is removed and replaced by the Formthotic.

The weight of a Dual Density Formthotic is typically 20 grams (size 8/42) and a normal insole is the same weight.

Note: the weight of some Orthotics weigh much more than the insole supplied with shoes.

Length

A Sports Orthotic must be a full length type to prevent any movement in your shoe when being used. If it is not a full length type, any movement would probably lead to rubbing. This could result and in blisters which can be painful, and reduce your performance.

Note: A shorter three quarter length type is often satisfactory for general use, but is not suitable for sports use.

Summary

If you have suffered from problems with your feet, you will have probably already tried to find a solution. As you are reading this guide, these attempts have probably failed. You could be forgiven for thinking that this is another product that will not help you.

That is an understandable opinion, but several similar products have been tested. The Formthotics were the only one found to work satisfactorily. This is not a guarantee that they will work for you, but it should make them worth further consideration.