



Capital District Podiatry, PLLC
Dr. Tejas Pandya

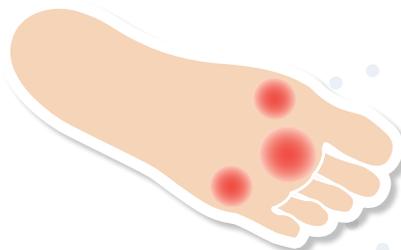
CapitalDistrictPodiatry.com

Apr 2017

How Do Orthotics Help?

At Capital District Podiatry, we've prescribed custom orthotics for everything from heel pain to diabetic ulcers to neuromas – but wait, there's more!

Let Us Count the Ways



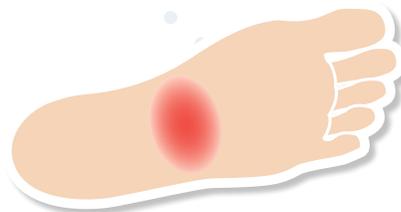
PAIN IN THE BALLS OF YOUR FEET?

Slip some custom orthotics in your shoes to distribute weight more evenly.



HAVE A BUNION?

Orthotics can accommodate toe deformities and avert pressure from the area.



OVERPRONATION CAUSING YOU ARCH PAIN?

You guessed, it— a pair of custom-made orthotics can help with that too! By holding your feet in proper alignment and providing the necessary support for your arch, these super-powered shoe inserts can alter the way you step, correcting the bad biomechanics behind your pain.

CALL (518) 273-0053



REQUEST AN APPOINTMENT



FIND US

763 Hoosick Rd.
Troy, NY 12180



855 Rt. 146, Suite 150
Clifton Park, NY 12065

FREE BOOKS



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ORDER NOW

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Custom Orthotics vs. Over the Counter Inserts

If you are looking for some added comfort and a little support, over the counter inserts might be all you need. Buy them from the store, slip them in your shoes, and you're good to go. However, if you are experiencing consistent foot pain, it's best for you to make a trip to our office instead of your local drugstore.

Unlike those one size fits all store-bought inserts, custom orthotics are designed to fit the unique contours of your feet, with modifications to address your individual needs. Using an exact mold of your feet, these custom devices not only provide the added comfort and support of the store-bought variety, but also accommodate deformities and correct structural and biomechanical issues—often the underlying causes of your pain.



Whether your arches are high or low, you have a bunion or heel pain, custom orthotics can be designed especially for you and your needs, something over the counter inserts just aren't able to do.

If you have foot pain, before you head out to the store, let us assess your feet and see if a custom pair of orthotics would best benefit you. Call for an appointment at our Clifton Park or Troy, NY office by dialing **(518) 273-0053**. For comfort and correction, ask us about custom orthotics today!

Thank You!

We'd like to take a moment to thank each of you, our wonderful patients, for referring your friends and family to our office. We couldn't do it without you!

CALL (518) 273-0053



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