

Custom Orthotics in Idaho Falls: How We Help Relieve Foot and Ankle Pain

 idahofootandanklecenter.com/blog-posts/custom-orthotics-in-idaho-falls-how-we-help-relieve-foot-and-ankle-pain



When your feet hurt, everything hurts. Whether you're an athlete trying to stay in the game, a professional on your feet all day, or simply someone who enjoys evening walks around the neighborhood, foot pain can quickly interfere with your quality of life.

At Idaho Foot & Ankle Center, we meet patients every day who are tired of dealing with ongoing discomfort. One of the most common questions we hear is: would custom orthotics help?

Let's take a closer look at what custom orthotics are, how they work, and whether they might be the right solution for your foot pain. If you're searching for a trusted podiatrist in Idaho Falls, you've come to the right place.

What Are Custom Orthotics?

Custom orthotics are medical-grade shoe inserts that are specifically designed to support the unique shape, structure, and mechanics of your feet. Unlike over-the-counter insoles that offer general cushioning, our orthotics are tailored to your individual needs after a thorough evaluation.

We often recommend orthotics as part of a broader treatment plan for chronic foot conditions, ankle instability, or even issues affecting your knees, hips, or lower back. Because your body relies on a stable foundation, problems in your feet often ripple upward into other joints.

Orthotics can improve alignment, relieve pressure points, and promote more natural movement. They're built for function, not just comfort.



Conditions That May Benefit From Orthotics

Orthotics aren't one-size-fits-all—literally or figuratively. We prescribe them for a wide range of conditions that affect the foot and ankle. Some of the most common include:

Plantar Fasciitis and Heel Pain

When it feels like you're stepping on a bruise or sharp object every morning, custom orthotics can help relieve the strain on your plantar fascia. They provide arch support and distribute pressure more evenly across your foot. Learn more about how we address [heel pain](#).

Flat Feet and Overpronation

Some people are born with flat arches, while others develop them over time. In both cases, orthotics can help support the arch and prevent your foot from rolling inward too far. This can reduce your risk of developing long-term issues like [ankle pain](#), [tendonitis](#), or joint fatigue.

Sports Injuries

If you're constantly pushing your body to perform, even slight biomechanical issues can lead to recurring injuries. Whether you're battling shin splints, stress fractures, or instability, we may recommend orthotics as part of your broader treatment for [sports injuries](#).

Diabetic Foot Care

Foot care is critical for patients with diabetes, and custom orthotics can help prevent wounds, ulcers, and pressure points from forming. They're often included in our comprehensive approach to [diabetic foot care](#).

Pediatric and Structural Issues

Orthotics can also be used to support children with congenital or developmental conditions such as [clubfoot](#) or [flatfoot](#). Supporting proper alignment early on can prevent long-term complications.

How We Create Custom Orthotics

Our process starts with a full biomechanical evaluation and gait analysis. We don't just look at where your pain is—we look at how your entire body moves. From there, we take a detailed 3D scan or mold of your foot to capture the exact shape and alignment.

Each orthotic is then crafted based on your diagnosis, activity level, footwear preferences, and long-term goals. Once they arrive, we ensure they fit correctly and make any necessary adjustments. Your comfort and mobility are always our top priorities.

Custom orthotics may be made from a variety of materials, depending on whether we're correcting structural alignment, providing soft support, or adding shock absorption. We always discuss options and expectations before moving forward.

Do You Need Orthotics?

Not everyone with foot discomfort needs custom orthotics. That's why we always begin with a comprehensive evaluation. We want to understand your lifestyle, symptoms, goals, and current foot health. Some people benefit more from supportive footwear, physical therapy, or specific treatment for conditions like [bunions](#), [neuromas](#), or [ingrown toenails](#).

But when orthotics are appropriate, they can be life-changing. We've seen patients who were sidelined by pain return to hiking, running, and working long shifts without flare-ups. The right support can go a long way.

Why Custom Always Beats Store-Bought

It's tempting to grab a pair of insoles from the drugstore and hope they do the trick. But over-the-counter options are built for general use—they aren't tailored to your condition, gait, or biomechanics.

Custom orthotics:

- Address the root cause of your pain
- Last longer with proper care
- Offer targeted correction
- Fit precisely within your shoes

When you consider the long-term benefits, the value of a medical-grade device crafted just for you is clear. We discourage DIY fixes because they often delay real relief and may even make things worse.



Support That Fits Into Your Life

Orthotics aren't bulky or outdated. Today's options are sleek, durable, and compatible with athletic shoes, work boots, and even some dress shoes. During your fitting, we'll ask about the shoes you wear most and make sure your inserts integrate seamlessly.

We also provide guidance on how to break in your orthotics, care for them properly, and know when it's time to replace them. With the right care, they can support your feet for years to come.

Get the Expert Foot Care You Deserve

At Idaho Foot & Ankle Center, we're here to help you walk, run, and move without pain. If you're wondering whether custom orthotics are right for you, the best next step is to [contact our support team to get more info](#) or [schedule a consultation](#). We'll listen, evaluate, and develop a care plan that fits your needs.

You don't have to live with chronic foot or ankle discomfort. Whether you're dealing with heel pain, recovering from an injury, or managing a condition like [Achilles tendon injury](#) or [ankle fractures](#), we're here to support your journey to better mobility.

We proudly serve both [Idaho Falls](#) and [Rexburg](#) with comprehensive [foot & ankle services](#).

Related Questions

How long do custom orthotics last?

With proper care, most custom orthotics last 2–5 years, depending on materials and activity level.

Will insurance cover custom orthotics?

Some insurance plans provide partial or full coverage. We're happy to help you verify your benefits.

Can children use custom orthotics?

Yes. We often recommend them for structural issues or gait abnormalities that can be improved with support.

Do orthotics require a prescription?

Yes. Because they are a medical device, orthotics must be prescribed by a podiatrist following an evaluation.