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# The Functional Foot Orthosis



## Synopsis

The functional foot orthosis is a device placed inside a shoe, and worn underneath the foot. It is used to synchronise the mechanics of the lower limb by holding the foot in as near to its optimal functioning position as possible. This orthosis is an adjunct to many other therapies, including medical, surgical and biomechanical. It can be used in the treatment of foot problems and mechanical problems of the lower limb associated with structural and/or functional abnormalities. The text, which assumes a clear understanding of the mechanics of the lower limb, explains the important points involved in the prescription, manufacture and dispensing of the functional foot orthosis, and also covers the pros and cons of treatment with orthoses. It is aimed at chiropody and podiatry students and practitioners; orthotists - students and practitioners; physiotherapy and occupational therapy practitioners.

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