

Custom Orthotics

Brands, Materials, Process & Who They Help

A plain-language guide from Nottingham Family Wellness Centre in Oakville. Read it at your own pace before deciding whether to book.

Custom orthotics are not bought off a shelf or shipped to your door. They start with an assessment, so the result is matched to your feet, your footwear and how you move. Here is how they work and who they may help.

Brands and materials

We work with [Atlas Orthotics](#), a Canadian lab based in Hamilton, Ontario. Your orthotics are built from materials chosen for your feet, footwear and activity:

- **Polypropylene shells** — for structure and motion control
- **EVA foam** — for cushioning and shock absorption
- **Cork** — for a moulded base with a little give
- **Carbon fibre** — for thin, light and strong support
- **Top covers** — for comfort, grip and a clean finish

The process, step by step

- 1 Foot and gait assessment.** We review your history, posture, mobility and footwear.
- 2 Scan or impression.** A digital gait scan captures how your feet load and move.
- 3 Lab manufacturing.** Your orthotics are made at Atlas Orthotics, typically in 5 to 10 business days.
- 4 Pickup and fitting.** We fit them and show you how to wear them.
- 5 Follow-up.** If anything needs adjusting, we fine-tune the fit.

Who custom orthotics may help

Each of these is framed as “may be appropriate,” because an assessment confirms what is right for you.

- ✓ Runners and active people managing load through training
- ✓ People on their feet all day for work
- ✓ Those recovering from a foot or ankle injury who need added support
- ✓ People experiencing foot changes during pregnancy, when added weight and shifting mechanics can affect comfort

Similar symptoms can have very different causes, so an assessment is the clearest way to know whether orthotics suit you.

What to expect afterward

- **Break-in:** start with a few hours a day and build up gradually.
- A short adjustment period is normal as your feet get used to the support.
- Wear them in supportive footwear that has room for them.
- **Care and longevity:** with everyday use they commonly last a few years, and periodic reassessment helps confirm they still support you well.
- Contact us if pain increases or the fit does not feel right.

Educational only. This guide does not diagnose a condition, recommend a specific product for you, or promise insurance coverage. Any recommendation follows an in-person assessment.

READY WHEN YOU ARE

Ready to find out if custom orthotics suit your feet?

Book a foot and gait assessment. Not ready to book? This guide is yours to keep.

Call 905-827-4197

Text 289-228-8858

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