



**SPORTSMED**  
SUBIACO



**SPORTSMED  
CUSTOM MADE ORTHOTICS**

**SUPPORTING ALL FACETS OF YOUR LIFE.**

▶ Comfortable ▶ Custom Made ▶ Individually Fitted

## YOUR CUSTOM MADE SPORTSMED ORTHOTICS

Sportsmed Subiaco have been manufacturing custom made orthotics for our clients for close to two decades. Our clientele come from all walks of life and across the sports spectrum.

Our orthotics are interchangeable between a variety of shoes and can be custom made to fit your favourites.

To have a pair made, our Sports Physicians align your feet into their optimal weight bearing position. Your feet are then scanned using our "state of the art" 3D computer-aided design scanner.

The result is a perfectly mapped 3D image of the contour of your feet in their ideal position.

This data is then sent electronically to our CNC milling machine where the orthotics are machined from a solid block of EVA rubber.

Finally your milled orthotics are fitted and finished by hand by our expert orthotic technicians.

This exact fitting of foot to orthotic to shoe is one of the reasons for the success of Sportsmed Subiaco orthotic prescription service over the years and has given us the opportunity to work with some of WA's most elite athletes. You too can benefit from the same technology and experience given to the best in the world of sports!



## THE STANDARD

The Sportsmed Subiaco standard orthotic has been our tried and trusted baseline orthotic for decades. It is our most supportive orthotic and yet with enough flexibility to give long lasting comfort.

We offer the standard with choices of covers to provide a personalised finish to the orthotic. This cover allows it to be easily cleaned for the health and hygiene of your feet.

It's like having a trusted friend supporting you along the way.

- ▶ Interchangeable
- ▶ Supportive
- ▶ Comfortable



## THE LADIES' SLIM FIT

The Ladies Slim Fit orthotic is a 2/3rd length short orthotic with a thin base enabling it to be fitted to most fashionable ladies' shoes and boots.

They are made to be supportive yet flexible enough to give a cushioning effect during a long day on your feet. They are finished with your choice of natural leathers or man-made coverings.

Custom made to support you in comfort, your feet will love you for it.

- ▶ Slim
- ▶ Fits most fashion shoes
- ▶ Wider range of choices in footwear



## HIGH MILEAGE ATHLETE

The importance of excellent high activity support cannot be underestimated! When it comes to comfort and support, the Athlete orthotic is up to the job.

This cushioned orthotic is hand machined to match the internal geometry of your tried and trusted running or athletic shoes. This relationship between foot, orthotic and sports shoe gives a precise cushioned alignment of your foot each time it strikes the ground. Made from dual density E.V.A., the cushioned orthotics are an excellent technical addition to the modern range of sports footwear available today.

- ▶ Cushioned
- ▶ Reduce foot fatigue
- ▶ Reduces impact



## THE TRADIE/MINER

Whether you are running a cable or digging for gold our Contractor orthotic works perfectly with your work boots. It absorbs those shocks and impacts during hours of hard work to leave you with comfortable feet at the end of your day.

Your tough high density orthotic is hand machined to match the existing bed of your work boot and is covered in your choice of cushioned 4mm EVA or 3mm Poron cover, finished off with a hardwearing marine grade cow hide leather.

- ▶ Robust
- ▶ Extreme cushioned layer
- ▶ Marine grade leather covering



## THE ACTIVE KID

Kids having fun or playing sport can benefit from our exclusive Kid's orthotic: made to withstand busy school days, sporting commitments, and whatever punishment an active kid can throw at it!

With flexible resistance and a hardwearing 1.6mm multiform EVA cover, the orthotics can be modeled to fit any kid's shoe of choice. Whether it's a school shoe, sneaker or their favourite Vans/Volleys, we can keep them supported 7 days a week.

- ▶ Long lasting
- ▶ Flexible
- ▶ Soft cover



## SLIM SPORTS

Incorporating the tailored snug fit of a sports shoe such as a cycling shoe or football boot, we at Sportsmed Subiaco pride ourselves in making some of the slimmest and most supportive and comfortable orthotics for the tightest of sports shoes around.

After all the effort in getting the shoe correctly fitted, let's maximise its support with an exact fitting orthotic, keeping your foot in it's optimal working position at all times during your activities.

- ▶ Precise slim fit
- ▶ Optimising shoe support
- ▶ Maximises foot alignment



## THE SUPER SOFT

The Super Soft orthotic is our softest orthotic in our range. Manufactured to give excellent cushioning whilst still maintaining control where the foot needs it. The Super Soft gives comfort and cushioning to people with very painful feet who struggle to walk or fulfill their daily activities.

Common conditions that can benefit from a Super Soft orthotic are fat pad atrophy, and complications arising from diabetes, and foot arthritis. In addition to the orthotic, gel like padding can be custom fit to the orthotic to relieve the pain from a sore heel or forefoot and add extra cushioning where the fat pad has diminished.

The Super Soft gives comfort to sore feet in every step.



## ABOUT YOUR NEW ORTHOTICS

Thank you for purchasing your customised computer milled orthotics from SportsMed Subiaco. Your orthotics may require a period of "breaking in" so please take note of the following suggestions.

### *Initial Use*

Your orthotics are designed to be worn straight away. For some patients graduated exposure may be required in the initial phase. This can mean wearing it continuously during the day with small breaks to adjust the foot to the orthotic. If significant discomfort is continuously felt contact a technician on the Sportsmed Subiaco number as a slight adjustment may be needed. There is no charge to this service.

### *Swapping from shoe to shoe*

Your orthotics can be moved from shoe to shoe. To remove the orthotic grab it by the top of the arch on the inner side of the shoe and lift the heel area out.

To place into a new shoe, push the toe into the new shoe as far forward as it will go. The heel can then be pressed down into the shoe.

### *Blisters*

As with new shoes, you may develop blisters particularly in the arch with the initial use of the orthotics. This can be minimised by not using the orthotics for running or running sports during the first two weeks of use.

An excellent blister care product available from your chemist is Compeed, Fixomull Tape and Second Skin. Wearing two thin cotton socks may also reduce blistering.

The use of band-aids over small blisters will give them time to heal while still wearing the orthotics.

### *Persistent discomfort and blistering*

One of the major benefits of the semi-rigid orthotics is that they are easy to adjust.

If after 1-2 weeks there is no improvement in the blistering or discomfort, make an appointment to see one of our orthotic technicians.

They will be able to quickly adjust the orthotic on the spot to correct the problem.

If problems persist after an initial correction, return to see your prescribing doctor.

### *Cleaning*

Your orthotics can be hand-washed in warm water. You may use a light detergent and towel dry. Do not heat dry.

### *Avoid heat!!*

The orthotics are made with EVA rubber. If the orthotics are exposed to heat e.g. fireplaces, heaters or enclosed cars on hot days, the orthotic will deform.

If your shoes or boots get wet and you plan to dry them in front of a heater, make sure you remove the orthotics.

If you require slim fit orthotics or a second pair, please phone and speak to the receptionist to order and arrange an appointment with one of our orthotic technicians to collect.

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If you have any questions regarding the orthotics, please do not hesitate to call Sportsmed Subiaco on 9382 9600

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## FREQUENTLY ASKED QUESTIONS

### ▶ *Can I order a second pair of orthotics?*

Yes you can order a second pair of orthotics at any time and they come at a reduced charge to cover milling and production costs.

### ▶ *Does my private health insurance cover the cost of my orthotics?*

Most private health insurers provide a yearly allowance towards the cost of your orthotics; in the form of a health fund rebate. For further information on your level of cover please contact your health insurer.

### ▶ *What are the benefits of ordering a second pair?*

Having a second pair of orthotics gives us the opportunity to purpose build an orthotic to match a specific shoe. This can be a favourite sports shoe, a work shoe/boot, a walking shoe or a ladies' dress orthotic to fit a more fashionable ladies' business or dress shoe.

With a variety of orthotic density's from firm to a soft cushioned support and a range of covering options we are able to customise each orthotic to match your specific needs.

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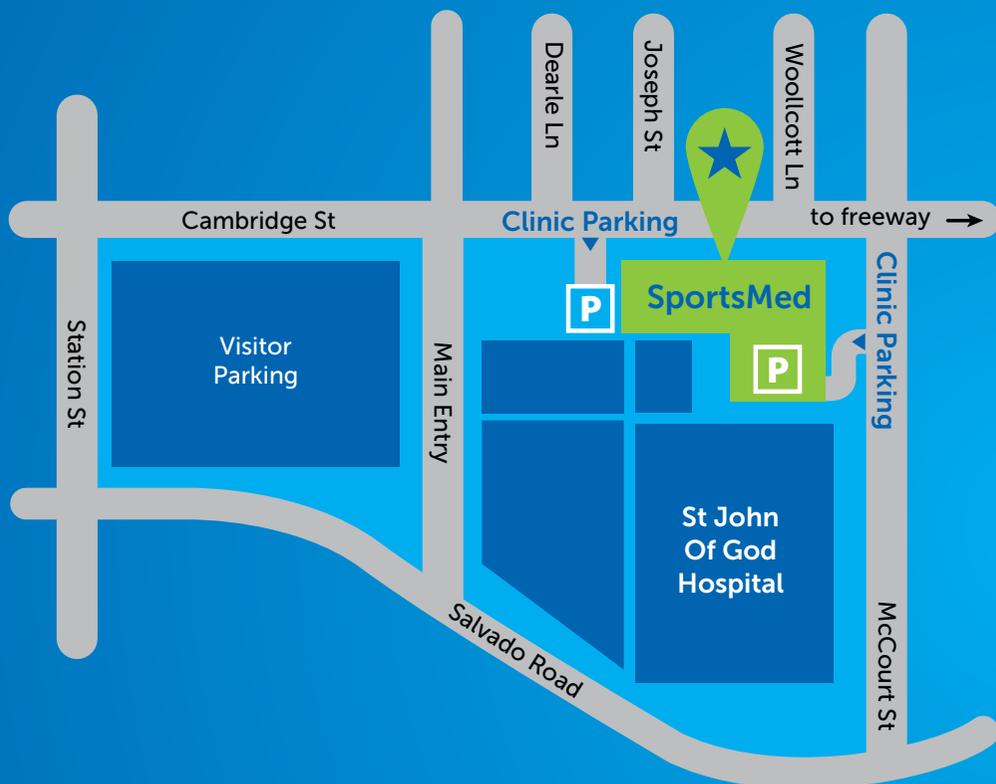
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Visit us online  
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information



## LOCATION

We are located on Level 1 of the Clinic, with entrance access and parking off Cambridge Street and underground parking off McCourt Street.

For further details please call **08 9382 9600**