

Advanced Orthotics and Custom Footwear to Help You Move



Struggling with foot pain, poor balance, or difficulty finding shoes that fit?

We can now offer the same expert podiatric care with a wider range of treatment options, including custom footwear, and ankle-foot bracing and orthotics.

What Makes Able Motion Different?

- ▶ **Custom-Made Footwear and Orthotics** – Tailored to your needs using **advanced 3D scanning and digital modelling**.
- ▶ **Extended Support Solutions** – Devices that extend beyond the foot, wrapping around the heel, up to the ankle, or even the knee.
- ▶ **Innovative Design** – Unlike traditional rigid braces, our modern orthotics assist movement rather than restrict it, providing dynamic support only where needed.
- ▶ **Industry-Leading Collaboration** – Our podiatrists train and work with orthotists, pedorthists and the latest technology to ensure cutting-edge solutions.



Who Should See an Able Motion Podiatrist?

You may benefit from an assessment if you experience:

- ▶ **Difficulty balancing or walking**
- ▶ **Footwear challenges** – if no standard shoes fit correctly
- ▶ **Chronic conditions** affecting mobility, such as:
 - ▶ Drop foot, stroke (CVA), multiple sclerosis, Parkinson's disease
 - ▶ Rheumatoid arthritis, Charcot foot, Ehlers-Danlos syndrome
 - ▶ Neuromuscular disorders (hemiplegia, diplegia, cerebral palsy)
 - ▶ Hypermobile joints, post-surgical recovery, or paediatric movement disabilities.

What to Expect During Your Visits

Initial Consultation (Approx. 1 Hour):

- ▶ Your podiatrist will discuss your mobility goals and challenges
- ▶ A comprehensive physical assessment includes watching you walk, testing muscle function, and measuring joint movement
- ▶ You'll be asked to move naturally using any support you use at home. Wear comfortable clothing that allows access to your legs.

Custom Scanning and Prescription:

- ▶ If needed, we take a precise 3D scan of your feet and lower legs

- ▶ Your podiatrist prescribes a fully customised solution (orthotics, AFOs, or medical footwear).

Manufacturing and Fitting:

- ▶ Custom orthotics: ~2-4 weeks
- ▶ Custom-made footwear: ~8 weeks
- ▶ Your podiatrist will carefully fit and adjust the device for maximum comfort.

Follow-Up and Maintenance:

- ▶ First review: 2-4 weeks after fitting
- ▶ Ongoing reviews: Every 3-6 months
- ▶ Repairs and adjustments can be done in-clinic or in our Brisbane-based orthotics lab.

Custom Footwear Options



- ▶ Exercise and walking shoes
- ▶ Sandals and orthotic-friendly summer styles


- ▶ Boots for work or daily use
- ▶ Specialty shoes for unique foot shapes and medical needs




Don't let mobility challenges limit your lifestyle – discover how our Able Motion podiatrists can help.



Now available at:
My FootDr Podiatry [Clinic Name]

 (XX) XXXX XXXX

 [Clinic Address]

 XXXX@myfootdr.com.au

