

FREQUENTLY ASKED QUESTIONS

Are orthotics permanent?

No. Most children wear orthotics for a few years during growth, and some may outgrow the need entirely. Regular check-ins help us decide what's best for your child.

Do they hurt?

Orthotics should never be painful. Some initial soreness may occur as the body adjusts, but should resolve within a few days.

Can they fix my child's feet?

Orthotics help guide development, reduce symptoms, and prevent long-term issues. They support natural growth, rather than "fixing" the foot.

Will my child need physical therapy?

Sometimes, yes. Orthotics are one part of a comprehensive plan, which may also include stretching, strengthening, or therapy.

Are they covered by insurance?

Coverage varies. We're happy to help you explore options with or without insurance.

What happens when my child's feet grow?

We offer a child outgrowth program called: Assured Orthotic Replacement. This provides coverage for two years to protect you against the unforeseen replacement costs due to outgrowth, accidental destruction and lost or stolen orthotics.

Take The Next Steps Toward Healthy Development

If you've noticed your child walking differently, complaining of foot or leg discomfort, or struggling with balance, **contact us for an evaluation.**



Growing Steps

*A Parent's Guide for
Children's Foot Orthotics*

