



Orthotic Sandals Offered at BaySport Physical Therapy

Custom orthotics have become a popular item, if not a necessity, for some. Orthotics are not only good for your feet, but can also help relieve knee and low back pain. There are many benefits to properly aligning your foot and ankle for weight bearing activities and sports. Mainly, the ankle joint is supported in a neutral position, thus decreasing stress on the surrounding muscles and joints.

Many of us love our flip-flops and wear them often in this great San Diego weather. Yet most commercially available sandals don't have the proper support needed to maintain neutral alignment. And most orthotics don't fit in open toe, casual styles. Now you can have similar benefits of an orthotic in a sandal! The orthotic sandal is a semi-custom shoe with the orthotic built into the sole. It has a wedge in the rear of the sandal to help support the bones of the ankle. With the wedge posting, your heel (and knee and hip) will be better aligned when your foot hits the ground. You don't need to sacrifice comfort for style, get the benefits of a more supported foot in a functional and casual sandal!

To see if an orthotic sandal is right for you, stop by BaySport. 858.509.9600