

## Orthotics vs Arch Supports

### ✔ You might need Custom Orthotics if:

- You have **chronic foot, ankle, knee, hip, or back pain** (especially pain that doesn't go away with rest or basic inserts).
- You've been diagnosed with a foot condition like **plantar fasciitis, flat feet, high arches, bunions, hammertoes, or posterior tibial tendon dysfunction**.
- You notice **uneven wear** on the soles of your shoes (like one side wearing out way faster).
- You have a **leg length discrepancy** or **uneven hips**.
- You have **diabetes** with **neuropathy** or **poor circulation** — custom orthotics can prevent ulcers and injuries.
- You've tried **store-bought insoles** but your symptoms **didn't improve** or got worse.
- You are an athlete recovering from a **foot or leg injury** and need precise support for rehab.
- A doctor (like a podiatrist, orthopedic specialist, or sports medicine doc) **recommended** them.

### ✔ You can probably stick with Store-Bought Arch Supports if:

- You feel **mild foot fatigue** after standing or walking a lot.
- You have **no major diagnosed foot conditions**.
- You're just looking for a little **extra cushioning or arch boost** for everyday shoes or work boots.
- You only have **occasional minor discomfort** (and it's better when you rest).
- Your arch type is relatively **normal**, and you're mainly looking for **comfort** rather than **correction**.

### Quick Tip:

- **First step?** Try a good quality store-bought insert first if your pain is **mild**.
- **If pain persists after 2–4 weeks**, or it's **severe from the start**, you should see a doctor about **custom orthotics**.