

Foot Surgery: Not A Long Term Solution

Most Surgery Improves Appearance, Not Function



While some foot surgeries for traumatic injuries are undoubtedly necessary, most common surgeries are done to realign bone that has deformed due to poor foot function. At the end stage of deformity development, many feet are too rigidly deformed to respond to even the best orthotic. Surgery is often necessary at that point to regain more normal motion or alignment and avoid further degeneration and pain.

If all that is done is the surgery, though, the same functional issues that caused the problem in the first place will likely cause the same problem again down the road. So if surgery is a necessary step it should always be followed by an orthotic that restores posture and function to the foot. The surgery can “reset” the foot so that it can now benefit from a good orthotic.

This is an X-ray of a badly deformed bunion that will need surgery before Sole Supports can be helpful. After surgery, if an effective orthotic is not used, the deformity can come back.



Surgery can straighten a bunion deformity but it cannot change how your foot works. For that you will need a custom pair of Sole Supports™