Arch supports and custom orthotics can be used to treat a variety of foot problems including but not limited to plantar fasciitis (heel pain), metatarsalgia (pain in the ball of the foot), posterior tibial tendonitis (tendonitis from having a flat foot) and arthritis.

For the majority of conditions, prefabricated, over the counter arch supports function equally to a custom orthotic when inserted into the appropriate shoes.

A good arch support is one that has a rigid shell that will prevent the support from deforming when it is stood on. At Kaiser Permanente we offer a prefabricated over the counter arch support in our pharmacy called “Superfeet”. Similar inserts may be found at specialty shoe stores, or online.

If this prefabricated arch support has not been successful in alleviating your symptoms, a custom molded arch support may be indicated. Custom molded arch supports, also referred to as orthotics, are not a covered benefit with the Kaiser Permanente health plan.

Here is a list of local vendors that offer custom orthotics. Please call them to schedule an appointment. Notify them that you are a Kaiser Permanente patient to receive a discounted price. Depending on your residence, one may be more convenient than the other.

- **Jackrabbit Shoes & Orthotics**
  4576 E 2nd St # H
  Benicia, CA 94510
  (707) 747-5271

- **Pacific Medical, Inc.**
  Prosthetics & Orthotics
  4626 Willow Rd., Suite 102
  Pleasanton, CA 94588
  (925) 227-1306

- **Delta Orthotics**
  1504 A St.
  Antioch, CA 94509
  (925) 305-1855

- **FootWorks Podiatry & Laser, Inc.**
  Beatrice Schmugler, DPM
  1874 Tice Valley Blvd.
  Walnut Creek, CA 94595
  (925) 954-8270