



Virtual Pedorthic Consultations

Professional Foot-Health Guidance From Anywhere

A virtual pedorthic consultation gives you direct access to a Board-Certified Pedorthist; no travel required. Whether you're dealing with foot pain, evaluating footwear, or deciding if custom orthotics are right for you, this session provides expert assessment and clear next steps from the comfort of your home.

What's Included

- One-on-one video session
- Review of symptoms, footwear, and activity demands
- Visual assessment of feet, arches, and gait
- Evaluation of current shoes and inserts
- Personalized recommendations for footwear and orthotics
- Optional follow-up support

What You Need

- Smartphone, tablet, or computer with a camera
- Good lighting
- Space to stand and take a few steps
- Your most frequently worn shoes
- Any inserts or orthotics you currently use

What Happens During the Session

- **History & Goals:** Discussion of symptoms, work demands, and activity level.
- **Foot Assessment:** Visual evaluation of structure, alignment, and pressure patterns.
- **Movement Check:** Brief standing and walking review to identify mechanical issues.
- **Footwear Review:** Inspection of your shoes for support level and wear patterns.
- **Recommendations:** Clear guidance on footwear, orthotics, and next steps.

After Your Consultation

You receive a written summary with:

- Key findings
- Footwear recommendations
- Orthotic guidance (custom or OTC)
- Next-step instructions

Who Benefits Most

- Foot, knee, hip, or back discomfort
- Plantar fasciitis, flat feet, high arches
- Workers on concrete
- Athletes and walkers
- Anyone unsure whether custom orthotics are needed

When an In-Person Visit Is Better

- **Severe or sudden pain**
- **Wounds, swelling, or suspected infection**
- **Complex medical conditions requiring hands-on assessment**

Appointment Length

Most sessions last 20–40 minutes.

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Call/Text 214-702-8812

www.foot-fitexpert.com