The claims defining the invention are as follows:

1. An orthotic for a foot having a top side and a bottom side as well as a medial side and a lateral side, comprising:~~, the top side having a raised section located at a position corresponding to the anterior of the medial side of the calcaneus at the insertion site of the tibialis posterior into the side of the navicular of a foot, the orthotic further comprising one or more of the following features:~~

(a) the bottom side having a flexion zone (zone 8) located between the medial and the lateral side of the orthotic at a position corresponding to the location between a metatarsal phalangeal joint of the foot to 25mm behind; or

(b) the bottom side having a heel section (zone 7) which is pitched so that the height of the rear of the orthotic is greater than the height of the front of the heel section;

and further comprising a raised section in the top side of the orthotic located at a position corresponding to the cuboid area of the lateral side of the foot and extending anterior along one third of the shaft of the fifth metatarsal head (zone 2); and/or

a fascial groove located at a position corresponding to the area between the medial tubercle of the calcaneus to the insertion point of the medial cuneiform into the base of the first metatarsal (zone 3);

wherein the top side of the orthotic further has a raised section located at a position corresponding to the medial side of the calcaneus of the foot (zone 1), and an indentation located at a position corresponding to the base of the first metatarsal of the foot (zone 4).

2. The orthotic of claim 1 including feature (c), wherein the raised section~~-~~ of zone 1 is a substantially semicircular arc with a diameter of 2 to 4 cm.

~~3. The orthotic of claim 1 or 2, further comprising a raised section in the top side of the orthotic located at a position corresponding to the cuboid area of the lateral side of the foot and extending anterior along one third of the shaft of the fifth metatarsal head.~~

~~4. The orthotic of any one of claims 1 to 3, further comprising a fascial groove located at a position corresponding to the area between the medial tubercle of the calcaneus to the insertion point of the medial cuneiform into the base of the first metatarsal.~~

~~5. The orthotic of claim 3 or 4, further comprising an indentation in the top side of the orthotic located at a position corresponding to the base of the first metatarsal of a foot.~~

~~6~~3. The orthotic of any one of claims 1 or 2~~to 5~~ further comprising a raised section located at a position corresponding to the sulci of the foot (zone 6).

~~7~~4. The orthotic of any one of claims 1 ~~to 6~~to 3 further comprising a raised section located at a position corresponding to 2mm to 2cm behind the second to fifth metatarsal heads of a foot (zone 5).

~~8~~5. The orthotic of any one of claims 1 to ~~7~~4, wherein a height of the or each raised section in zone 1, 2, 5 and/or 6 is greatest towards the centre of the respective zone.

~~9~~6. The orthotic of claim ~~8~~5, wherein the height of the or each raised section in zone 1, 2, 5 and/or 6 is less than 25 mm.

~~10~~7. The orthotic of claim ~~9~~6, wherein a height of the or each raised section in zone 1, 2, 5 and/or 6 is between 2mm and 20mm.

~~11~~8. The orthotic of claim ~~10~~7, wherein a height of the or each raised section in zone 1, 2, 5 and/or 6 is between 3mm and 8mm.

~~12. An orthotic for a foot for ballet, having a top side and a bottom side, the orthotic being less than half the length of the foot, the top side of the orthotic including a raised section located at a position corresponding to the anterior of the medial side of the calcaneus at the insertion site of the tibialis posterior into the side of the navicular of the foot.~~

~~13. The orthotic of claim 12, wherein the raised section is a substantially semicircular arc with a diameter of 2 to 4 cm.~~

~~14. The orthotic of claim 12 or 13, further comprising a raised section in the top side of the orthotic located at a position corresponding to the cuboid area of the lateral side of the foot and extending anterior along one third of the shaft of the fifth metatarsal head.~~