The claims defining the invention are as follows:

1. An orthotic for a foot having a top side and a bottom side, 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 flexion zone 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 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.

2. The orthotic of claim 1 including feature (c), wherein the raised section 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. The orthotic of any one of claims 1 to 5 further comprising a raised section located at a position corresponding to the sulci of the foot.

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

8. The orthotic of any one of claims 1 to 7, wherein a height of the or each raised section is greatest towards the centre of the respective zone.

9. The orthotic of claim 8, wherein the height of the or each raised section is less than 25 mm.

10. The orthotic of claim 9, wherein a height of the or each raised section is between 2mm and 20mm.

11. The orthotic of claim 10, wherein a height of the or each raised section 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.