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:

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

4. The orthotic of any one of claims 1 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).

5. The orthotic of any one of claims 1 to 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.

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

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

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