

Custom Orthotic Therapy

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How does it work?

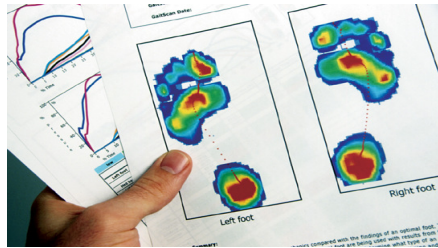
This biomechanical assessment is a three step process:

Step 1:

Initially will record some anatomical and postural observations. You walk across the GaitScan pressure plate to assess the dynamic movement of your foot whilst walking. We will then print the reports of the results of the scan for you to take with you.

Step 2:

We will then perform a more detailed physical examination regarding posture, foot function, leg length and other relevant assessments. This examination will be compared to the GaitScan report, and the findings will be discussed with you. We will then make recommendations regarding the type of orthotics that are best for you and your individual foot type and foot wear.



Step 3:

After having all of your questions answered, and you decide to choose to include custom orthotics in your care plan, you purchase the orthotics and an order is placed. The data from your GaitScan and the physical examination findings are sent to the laboratory via the internet. The orthotics are manufactured to the prescribed specifications and they are returned to the clinic. This process takes approximately 28 days. You schedule for a fitting visit where the orthotics are fitted to your shoes, and evaluated to be sure they are working well. You are then on your way to a faster and better recovery from your condition.

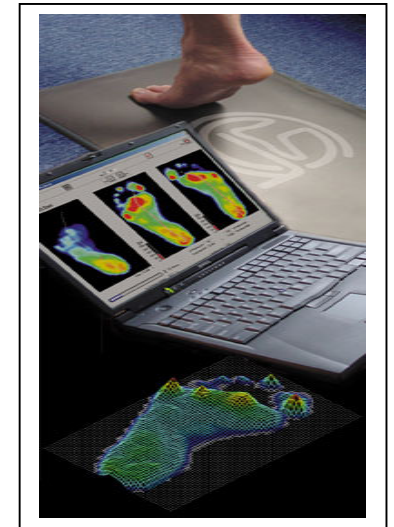
GaitScan & custom foot orthotics: Are you a candidate?

LOOK AFTER YOUR FEET AND THEY WILL LOOK AFTER YOU

Do you have:

- Low back or sacroiliac pain?
- Muscle pain, tension or spasm?
- Shin splints? (Calf pain)
- Pain and grinding in the knee?
- Foot arch pain?
- Bunions or other foot pain?
- Symptoms that are worse with standing, walking or running?
- Symptoms that are not responding to rest and stretching?

If **YES** – then you may be a candidate for gait analysis using **GaitScan** technology, and the prescription of custom foot orthotics to ease our condition and improve function. Your feet, knees, hips and spine are in constant demand throughout the day under the pressure of gravity. Foot structure is the foundation of support in the body whilst under this stress. Your practitioner is trained to look at how the spinal joints are affected by your foot function. This is called “assessment of the Kinetic Chain”, and this identifies the underlying cause of joint pain and dysfunction. **Read on to learn more!**



Your feet are your foundation

Please pass this onto a friend or colleague that you think this may help.

The foot bone is connected to the back bone!

Am I a candidate for orthotics?

. GaitScan and custom orthotics are a fantastic system to help identify the underlying cause of your condition (biomechanical foot faults), and provide the custom shoe insoles to help balance your body and get you better faster, and get you back to living life to the fullest.

Supporting the body:

The structure and function of the foot supports your entire weight and affects the movement of all of the joints in your “kinetic chain” – i.e. the feet, knees, hips, pelvis and spine.

Faulty foot mechanics will eventually contribute to a variety of conditions in these joint structures. Common symptoms include:

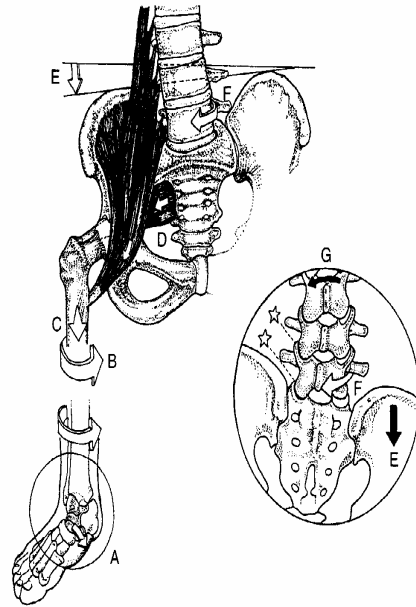
- Foot arch pain
- Bunions or hammer toes
- Heel pain
- Shin splints
- Grinding / pain in the knee
- Hip pain
- Low back pain
- And even, neck pain

These symptoms are often worse with long term standing or walking which can result in over use, stress and strain to the ligaments, tendons and muscles that support the weight bearing joints. This ultimately causes pain.

Why the feet?

Your feet have a direct impact on the rest of the weight bearing joints. Like the

foundation of a building, your feet support the weight of your body. This is amplified by 4 times when you are running! When small problems develop in your feet, a subtle change in the way you walk will cause a chain reaction of mal-adjustment in your other joints, adversely impacting your posture and walking mechanics, and creating abnormal stress in these joints, leading to even worse problems.



Pronation

To understand orthotics, it helps to

understand a bit about how the foot works. Pronation is the technical term for the collapse of the inside arch of the foot. It is a normal and important event in the walking pattern, enabling the foot to work as a shock absorber for the body. However, over-pronation (excessive rotation) can cause problems such as flat feet, plantar fasciitis (arch pain), bunions, knee, hip or back pain. As the foot over-pronates excessive twisting pressure is exerted onto the knees, hips, pelvis and spine creating joint dysfunction, and ultimately pain.

What are Orthotics?

Orthotics are insoles that fit into your shoe to control your foot motion and prevent the stresses placed on all of the weight bearing joints that result from over-pronation. It is important to note that, not all orthotics are created equal. Yes, you can get off the shelf orthotics. However, these are actually just simple “arch supports” and NOT true biomechanical control devices. Your practitioner has referred you for GaitScan and custom orthotics because there is a need to get this precisely right to meet your individual biomechanical requirements.

Why Orthotics?

Custom foot orthotics help

rebalance your feet, thereby reducing the stress on the joints and muscles and reducing pain and discomfort by enhancing and optimizing the bodies natural movements. Working with the orthotic laboratory, your practitioner prescribes orthotics uniquely designed to meet your needs to balance biomechanical faults inherent in your joints. These devices augment and enhance the Clinical care you receive, and hasten the healing process with long lasting results. So you can return to your regular activities.



Will they fit into all of my shoes?

In a word – yes. Orthotics can be designed to fit into almost any shoe type. They can be transferred from shoe to shoe, or you can purchase a pair for each pair of shoes. This is often necessary when specialist orthotics are required for specific sports or occupational activities. There is even a range of sandals that can have your orthotic prescription built into the sandal footbed! Your practitioner would be pleased to discuss this in detail with you, so that you get back to work or back in the “game” faster and better.