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JULY 2014

Dear Nancy,

PROPER FOOT SUPPORT CAN
HELP PREVENT OR DECREASE
BACK, HIP AND KNEE PAIN



**AND CAN BE
PRETTY
(OR HANDSOME)
TOO!**

The word "orthotic" comes from the Greek word "ortho" meaning "to straighten" or "align". The purpose for molding an orthotic insert for a shoe (as seen below) or wearing a shoe with a built in orthotic as the one pictured above can be to:

- Control, guide or support the structures of the foot
- Treat conditions such as plantar fasciitis, fallen arches (flat foot), and heel pain
- Treat excessive pronation, supination and other malalignment of the foot
- Improve shock absorption and reduce stress placed on the foot
- Otherwise correct the shape and function of the foot in order to reduce pain





Maintaining optimal control and support of the foot is essential in promoting proper stability and movement of the knee and hip, as well as the back. Patients who come to us with complaints of back, hip or knee issues can actually have underlying foot issues that contribute to pain and problems of these joints.

Because of this, patients who come to our office with complaints of back, hip or knee pain, have the relationship between all of these joints and tissues, including the feet, assessed by our physical therapists.

If indicated, our therapists can mold semi-custom orthotic inserts (as pictured above) while placed in the patient's shoe, that optimize the patient's foot posture. This promotes better alignment of adjacent joints and soft tissue, effectively reducing pain.

Molding of the orthotic is done on site and completed in a single visit. The therapist will instruct you in a **gradual** wearing schedule to help you adjust to your new orthotics.

HELPFUL TIPS

GENERAL FOOT CARE

Check Your Footwear

Look at the soles and heels of your shoes to see if there is an abnormal wearing pattern such as wearing out one side of your shoe sooner than the other.

Check your insoles and shoes for normal wear and tear, and replace them when needed. If you currently use orthotics, check them for wear as well, and replace as needed.

New shoes should be "broken in" as they can influence the way you bear weight and your gait pattern. Consider, for example, if you started having back pain after wearing



high heels or sandals/flip flops.

Speaking of these two kinds of foot wear, high heels will place more stress through the front of your foot and do not allow for the normal heel-toe walking pattern. Flip Flops offer no stability or support at all.

Gastroc Stretching

Stretching the muscles in the back of your calf can help prevent Achilles Tendinitis which produces pain in the heel. (Remember to check with your therapist or physician prior to any exercise program)



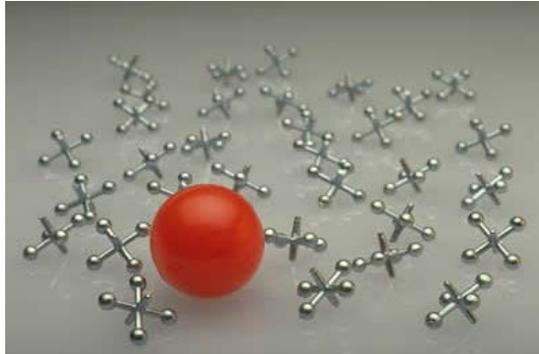
Use of Ice

Applying an ice pack to a sore or painful area for approximately 20 minutes 2-3 times a day can be helpful in reducing inflammation that can result from trauma, overdoing an activity, or starting a new exercise program.



Crushed ice or a bag of small vegetables make inexpensive cold packs.
Commercially available cold packs are available at our office if preferred.

FUN AND GAMES



HOW WELL DO YOU KNOW US?

We have had a winner each month, so if you have not tried your luck yet, give it a go! Those individuals that have already won can check to see if their answers are correct, but will have to wait until 2015 before getting to claim a prize again.

The 1st individual who emails joanne@HandsOnPTS.com with all correct answers will win a Hands-On Physical Therapy T-Shirt!

Hint: you can find some answers on our website: www.HandsOnPTS.com

1. Orthotics can help with the following:
 - A. Improve foot alignment
 - B. Treat conditions like plantar fasciitis
 - C. Act as a shock absorber
 - D. All of the above
2. Hip pain can only come from conditions of the hip.
True
False
3. If you have back pain our physical therapists will assess your gait pattern.
True
False
4. When you get a new pair of shoes or an orthotic, you should wear them for just a few hours for the first time.
True
False

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