



Structural balance and orthotics:

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We all know how foot problems can be aggravated by and or caused by back problems. The structure and thus function of our feet are pretty much set by age five. We have heard it said many times how important shoes are to foot comfort. So often our shoe purchases are determined by cost and style and not for quality of support for walking and moving during our days.

In our office we have a digital scanner that can analyze how the pressure is transmitted through the bottoms of our feet with weight bearing. We are scanning patients feet regularly now in the clinic. It can tell us many things about how we stand if we put more weight on one foot or the other, whether we are forward leaning or backward leaning, and the condition of the three major arches of the foot. The three major arches of the foot act with walking to absorb a force equal to five to seven times our body weight with each step. With arches that are compromised or fallen the resultant force must be absorbed higher in the body (ankles, knees, hips or higher). If it is determined that patients would benefit from custom foot inserts (We use Foot Leveler Brand) we can send the digital information and have custom inserts made. These inserts can absorb at least 80% of the force during heel strike when walking, giving great relief to the whole anatomy.