

ORTHOTICS INFORMATION GUIDE



Relief for back,
hip, knee, foot and leg pain.

It may all be
in your feet...

Discover the newest
methodology and the 6 crucial
steps to finding orthotics that
deliver maximum
support and pain relief.



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Your Feet: Your Foundation

Your feet are complex, fascinating parts of your body and vital to your overall health. Made up of 26 bones and over 30 joints, they are soft and pliable, flattening to adapt to uneven surfaces, yet capable of becoming rigid levers designed to push you forward as you walk and run.



The flattening, or lowering of the arch of the foot is known as pronation, and although this is a normal function of the foot, excessive and sustained pronation caused by such things as extra weight, loss of muscle strength, stretched ligaments, and general wear and tear, is not. A foot with too much pronation compensates in a number of different ways—all of which can lead to pain and deformity such as bunions, neuromas, plantar fasciitis, shin splints, knee, hip and back pain.

One well known solution to this problem is the use of a prefabricated or custom orthotic to support the foot and prevent this excessive flattening.

Not all foot supports are created equal. This guide explains some key things to be aware of before buying your new orthotics.

Conventional Orthotics: How They Are Made

There are a number of different methods used to design and create custom orthotics today. For the past 50+ years students of podiatric medicine have been attempting to correct poor foot function by casting the foot in the 'neutral' position--the ideal position it should be in when standing upright (mid-stance). Wedges and cushions are then added to prop up the forefoot or heel in an attempt to further correct the poorly aligned foot.



Orthotics created this way can change the timing of when the foot hits and leaves the ground, but they are limited in their ability to control pronation/foot flattening, the true cause of the foot dysfunction. This design allows the arch to collapse at least 50% before it comes in contact with any support. Some studies suggest that these types of orthotics are no more effective in correcting pain and deformities than what can be purchased off the drug store shelf.



A New Idea: A BETTER Orthotic

More recent study has shown that the only truly effective way to control foot function and excess pronation, is to apply a force directly up under the arch. This is exactly the approach Edward Glaser DPM took after working as a podiatrist for 20 years and not getting the results he wanted using the conventional methods he'd been taught in school.

In 1996, after much research and analysis, Dr. Glaser introduced the completely new, cutting edge, MASS (Maximal Arch Supination Stabilization) Method of casting and orthotic design. By casting the foot in a position that captures the greatest arch the patient can comfortably tolerate, and using special materials and calibration equipment, he developed a way to create an orthotic from the casted mold that is so good it 'hugs' the foot throughout the entire gait cycle—not just in mid-stance. These orthotics control the foot from the point the heel touches down to the time the foot leaves the ground. They carefully guide the flattening of the arch to allow for shock absorption and adaptation on uneven surfaces while at the same time remaining rigid enough to provide the support needed for proper foot mechanics and forward propulsion.

This is the casting method the professionals at Pro Motion Physiotherapy employ and it is Dr. Glaser's unique Sole Supports lab that we use to produce the outstanding orthotics we provide to our patients.

Our Team Changes Lives: WE MAKE PEOPLE BETTER!

When the physiotherapists at Pro Motion Physiotherapy encounter a patient who suffers from low back, hip, knee, foot or leg pain, we do a full assessment of the back and lower body. Sometimes pain and deformity in the feet is caused by problems in the pelvis or low back, and vice versa. Our team has the knowledge and training to assess where the pain originates, and the skills to address the problem right at the source.

The solution may involve the use of orthotics, it may require specialized exercises, stretching or joint manipulation. But it ALWAYS requires an assessment and understanding of how the whole system works together--something you will never get by standing on a platform at the drug store or buying orthotics from a practitioner that only specializes in feet.



“ Our feet are like the foundation of a house: if there is not proper support, the rest of the structure starts to breakdown. ”



6 Steps To Pain Relief

We recommend that you find a specially trained physiotherapist (like the team at Pro Motion Physiotherapy) who is qualified, experienced and does the following for you – and your feet:

- 1 ASSESS** your back, hips, knees and feet to determine if orthotics will help alleviate your pain.
- 2 DESIGN** an orthotic that is rigid enough to support your body weight, yet flexible enough to allow for shock absorption.
- 3 PROVIDE** an orthotic that is calibrated to your body weight.
The Sole Supports lab that Pro Motion Physiotherapy uses is the only orthotic lab that does this.
- 4 CREATE** an orthotic that is designed specifically for your foot. Some feet need more support while others need less—proper assessment is needed.
- 5 CAST** your foot in a position so that the orthotic supports your foot throughout the entire gait cycle, not just in mid-stance, when you are standing in one spot.
- 6 WORK** with you until you get the fit and feel that you are comfortable with. Sometimes this requires adjusting the orthotic, sometimes this involves adjusting your body—we are able to do both.



Helping people to be pain free while running, walking and participating in everyday activities is what we do best--everyday.

Custom orthotics may be part of this solution.

Come in for a professional assessment and get relief today!

