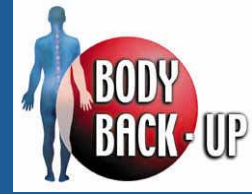


Understanding Orthotics

“Your feet are your foundation”



Osteopathy &
Sports Injury Clinic

© Body Back-Up 2010

What are orthotics for?

- Orthotics are designed to help your feet cope better.
- Feet are placed under a great deal of stress, particularly in occupations that involve a lot of a standing or walking.
- Sports place demand on the feet on the lower limbs, over an extended period of time.
- Sport specific orthotics are available for: Golf, Running & Skiing.
- For this same reason a little help to improve the instep arch may also be needed during pregnancy.
- Your feet are your body's foundations and must support your body to help it function at it's optimum.



What are Orthotics & Insoles?

- The Orthotics prescribed by Body Back-up are pre-formed insoles which are bio-mechanically designed to support the natural shape of your feet.
- They specially constructed using various components of differing thickness and density to make sport-specific orthotics for support and performance.

What conditions can Orthotics help?

- Improving the mechanics of the foot can relieve pain in or symptoms that may have arisen through poor foot posture.
- It may be that the foot exhibits poor mechanics that produce no direct foot pain. but correction is needed to ease tension in other parts of the body.

Primary foot problems

- Heel pain
- Pain under the ball of the foot
- Pain under the arch of the foot
- Bunions and calluses
- Repeated “twisted” or “sprained” ankles



Secondary foot problems

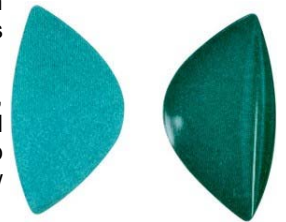
Poor foot posture may lead to secondary effects

- Ankle pain
- Knee problems
- Hip pain
- Lower back pain



Will you benefit from Orthotics?

- We offer a 20 minute consultation where we assess your foot and body mechanics.
- Your Body Back-Up osteopath will select the size that suits your foot length and width.
- We also assess your ankle, calf and knee mechanics and treat any dysfunction to help your feet to adapt to your new Orthotics—using a squat test.



What adjustments can be made?

- Orthotics support your own foot's weaknesses.
- Your Body Back-Up Osteopath will suggest the adjustments according to your particular needs or refer you for “made to measure”.

What should I expect?

- In the initial phase, Osteopathic treatment can also help address the factors that lead to ‘problem feet’ or postural changes.
- It may be necessary for us to:
 - *Improve your foot mobility and function*
 - *Improve ankle function*
 - *Release calf muscle tension.*
- Making these improvements helps your feet adapt more quickly to your new Orthotics.



Would exercises help?

- During your consultation we may recommend stretching or strengthening exercises unique you.
- We recommend you return for a check-up one month after your fitting.
- We re-assess your posture and your foot mechanics to check you are adapting as expected.
- We may treat as we find necessary so that relevant areas are mechanically efficient and as “symptom free” as possible.

For more information email us at:
practice@bodybackup.co.uk or
www.bodybackup.com/orthotic_insoles.html

www.bodybackup.co.uk

Info 143 V4 (19.03.10)

For appointments call 01628 624544 or 020 8969 0247
Maidenhead • Slough • London W9 (Maida Vale)