



Patients often ask me whether they require orthotics to correct a problem they may be having, from back pain to plantar fasciitis. I attended a lecture the other day on running shoes vs foot type and it got me thinking about orthotics. I decided to look into recent research and advances in orthotics and came up with some surprising conclusions. Read on....

Yours truly,
Kerry Maxwell

TIPS FOR THE SEASON AHEAD

SHOULD I GET ORTHOTICS?



This is a complex and controversial question.

Most researchers agree that orthotics don't change the kinematics of the body (the way our bodies move) when you run or walk but that they can have a significant effect on the muscles and joints, often making muscles work as much as 50% harder and increasing stress on joints by a similar amount. (ref Dr Nigg, U of Alberta, professor of biomechanics).

Thus many researchers believe that orthotics main effect is in improving muscle control over foot biomechanics. If this is the case then theoretically once the muscles have been retrained, you shouldn't have to wear your orthotics all the time—perhaps only wearing them once or twice a week as you would if you were working out to maintain our muscle mass and function.

There is evidence supporting the use of orthotics to help with acute injuries such as plantar fasciitis, shin splints and patellofemoral syndrome, however results are inconsistent at best. There are very few well-controlled randomized studies testing treatment and prevention of injuries with the use of orthotics and the evidence is largely anecdotal. As

a practitioner, I will often use taping methods to support structures or recommend a less expensive, off the shelf orthotic before suggesting patients spend hundreds of dollars on custom orthotics.

There are many people who will swear by the orthotics they use and just as many who have tried multiple types with no success. The main factor in determining the benefit of an orthotic appears to be comfort. There are many different varieties of orthotics from custom to off the shelf and from rigid to semi-rigid to cushioned. However, even orthotists can't agree on what type suits what foot.

People are often prescribed orthotics for flat feet. In an interview with the New York Times, Dr. Nigg says he always wondered what was wrong with having flat feet. Arches, he explains, are an evolutionary remnant, needed by primates that gripped trees with their feet. "Since we don't do that anymore, we don't really need an arch, why would we? For landing — no need. For the stance phase — no need. For the takeoff phase — no need. Thus a flat foot is not something that is bad per se."

So why shouldn't anyone, with flat feet — just go to a store and buy whatever shoe feels good, without worrying about "correcting" a perceived biomechanical defect?

"That is exactly what you should do," Dr. Nigg replied.

In conclusion, if the shoe fits, wear it and similarly if the orthotic fits wear it.

I would recommend that you don't rush into an expensive custom orthotic but talk to your physiotherapist about the options for both footwear, and orthotics to determine what will best help your condition and biomechanics.

CLINIC HAPPENINGS:

Carly Russell is now offering both Sunday and Wednesday evening rehabilitative yoga classes. These classes are specifically designed for patients returning to activity after injury. Carly is able to offer a variety of alternate positions and techniques to gradually improve range of motion and strength which will enable you a safe return to your regular yoga classes.

Olga Drofman has seamlessly taken over from Steve Carrigan.

A reminder for those of you coming in for appointments before 8:00am, after 5:00pm and on Saturdays, you need to

be buzzed into the clinic. The buzzer is located on the wall, around the corner from the single glass door to the right of the main doors. The buzz number is 0702.

A reminder also that the clinic is open from 7am and street parking is free until 9am.

We have now joined the 21st century and you can like us on Facebook (<http://www.facebook.com/jennie.orton.14>) and Twitter (Burrard Physio)

Everyone is coming back from their vacations refreshed and bronzed. Barb will be back from her 3 month hiatus at the end of September. It has been a great Summer and we are now all starting to look forward to the ski season again. See you soon.....

Clinic Schedule as at July 1st, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Linda Warren	Barb Picton	Linda	Barb Picton	Lynn Chapman		
7:30	Siobhan McInnes	Allison Downie	Siobhan McInnes	Allison Downie	Linda Warren	Kevin Chen	
8:00	Barb Picton	Olga Dorfman	Barb Picton	Siobhan McInnes	Linda Warren	Andrew Ewert	
8:30		Lynda Lawrence	Shahab Rezania	Olga Dorfman	Shahab Rezania	Shahab Rezania	
9:00		Noam Gagnon - Private Pilates	Lynn Chapman	Noam Gagnon - Private Pilates	Lynda Lawrence		
9:30		Shahab Rezania	Erika Kosarko RMT	Lynda Lawrence	Noam Gagnon - Private Pilates		
10:00			Steve Radloff - Rolling	Noam Gagnon - Private Pilates	Steve Radloff - Rolling		
10:30				Steve Radloff - Rolling			
11:00							
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00	Lynn Chapman	Linda Warren		Linda Warren	Olga Dorfman		
15:30	Allison Downie	Siobhan McInnes	Olga Dorfman	Shahab Rezania	Linda Warren		
16:00	Olga Dorfman	Kevin Chen	Kevin Chen	Kevin Chen	Kevin Chen		
16:30	Kerry Maxwell		Andrew Ewert	Lynn Chapman	Shahab Rezania		
17:00	Erika Kosarko RMT			Noam Gagnon - Private Pilates	Andrew Ewert		
17:30	Steve Radloff - Rolling			Steve Radloff - Rolling	Noam Gagnon - Private Pilates		
18:00					Erika Kosarko RMT		
18:30							
19:00							
			Rectorative Yoga with Carly 7:15 to 8:15				Rectorative Yoga with Carly