

Why Most People Need Orthotics

If you are like the majority of people with some degree of arch loss, either from birth or over time, there are some critical facts you need to know before you can make an informed decision. All of the common foot problems, such as bunions, plantar fasciitis, metatarsalgia, calluses and corns, etc. are usually caused by the lack of enough arch in the foot when we are standing, walking and running.

There are a number of reasons why most of us have some degree of flat feet, but mostly it comes down to body weight, gravity and concrete. The first two are constantly flattening the foot down against the hard surfaces we live on. The ligaments that support the bones of the foot get stretched out and our arches drop.¹

In addition to foot problems, flat arches can cause ankle, knee, hip and lower back problems due to the change in the normal mechanics of these areas as a result of improper foot mechanics. By improving foot mechanics, we can improve the mechanics of the other involved areas.

Proper orthotics can help. Unfortunately, many of the over-the-counter and custom orthotics out there are designed based on flawed ideas of what the normal mechanics of the foot should be and thus what can be achieved by the flawed orthotic design.

Fortunately, there is a design which addresses the most important goals of foot orthotics: The orthotic must capture the properly corrected position of the foot; The orthotic must make full contact with the foot in this corrected position; The orthotic must be rigid enough to support the corrected position against the person's weight and effect of gravity yet remain flexible enough to give a little with impact to maintain proper standing, walking, and running mechanics while making the orthotic comfortable enough to wear.

These goals are achieved through Sole Supports™ technology. These customized orthotics are available only through certified professionals. The staff at Serenity Chiropractic Health are certified, and undergo continuing education with Sole Supports™ to afford the patient the best orthotic advise, casting expertise, and product for individual needs.

Call today (585) 678-4795 to schedule an appointment to discuss Sole Supports™ orthotics today!

¹ From Sole Supports™ Education Series brochure "Why Sole Supports?"