



- Dipl Remedial Therapist
- Ass.Dipl Massage Therapy
- Ass.Dipl Structural Balancing
- Ass.Dipl Sports Injury Management
- Degree in Homeobotanical and Herbal Medicine HB1411
- Certificate in Shiatsu
- Certificate in Crano-Sacral Balancing 1-3
- Certificate in Oriental Medicine Physical Diagnosis
- Certificate in Myofascial Release 1-3
- Certificate in So Tai
- Certificate in Hyperton-X Basic
- Certificate in Hyperton-X Advanced

## Hill End Therapeutic Centre Pty Ltd

A.C.N. 058 855 235

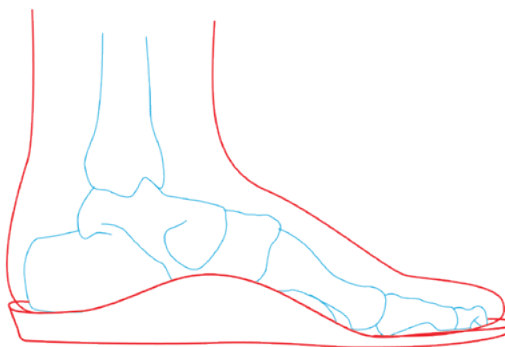
Klaus Gert Rennebath  
Remedial Massage Therapist  
ATMS 6428  
*By Appointment*  
21 Morry Street  
Hill End Qld 4101  
Phone: (07) 3844 6988  
Mob: 0418 786 772  
[www.shiatsuman.com](http://www.shiatsuman.com)

# Orthotics

An orthotic is a bio-dynamic device that fits into shoes to accomplish two things.

To insure that the foot moves correctly through the various phases of walking or running (which include heel contact, whole foot contact, and toe-off), the orthotic functions like a rudder, to help the foot in proper follow-through.

To support the foot, encouraging it to find the best position as it moves, it enables the foot to communicate and align with the rest of the body. The body is then balanced above the foot in mid-stride as well as when the foot is on the ground. It's like a pair of glasses that will help you see better.



the advantage of being considerably less expensive than those that are custom made.

OTC orthotics work in three different ways:

- provide arch support for athletes with mild fallen arches.
- provide support for the long bones of the midfoot, metatarsals
- provide heel support through a wedge in the heel, which can help reduce the strain on the calf muscle-Achilles tendon unit .

If OTC orthotics do not alleviate an overuse condition , or if the doctor deems the anatomical abnormality to be severe, custom made orthotics may be prescribed.

### **Over-the-counter Orthotics**

OTC orthotics may alleviate mild anatomical abnormalities, and they have

Different sports require different orthotics. An orthotic for running may not be appropriate for playing tennis be-

cause it is too controlling, and wearing it for everyday use could be uncomfortable because of the degree of tilting or canting built into it. Orthotics vary in length, stiffness, and amount of control depending on what activity will be done.

**A half-length** orthotic stops well behind the toes, and primarily supports the arch. It's good for limited walking and standing. **A three-quarter** length orthotic gives a little bit more support, and helps control the foot while the heel is off the ground. It's effective in shoes with higher heels, as it relieves pain under the metatarsal heads by taking the pressure off certain points.

Generally the rule is to use the most flexible orthotic that will be effective for the problem. Semi-rigid orthotics can help control various degrees of overpronation and other biomechanical problems. Control is provided by a rearfoot and a forefoot post, respectively. For uni-directional sports, such as running, a rear foot post and a foot control is needed, to allow more side to side motion, as well as less forefoot control. For sports such as golf, no rear-foot control is needed, and forefoot control may be minimal. Usually the main concern is for arch support.

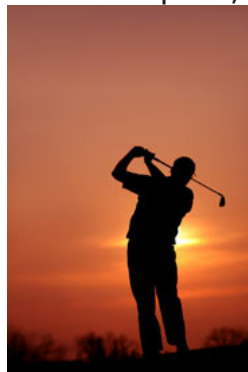
### **Custom Made Orthotics**

There are two types of custom-made orthotics, rigid and soft. Soft orthotics are prescribed for high arches. High arches make the feet very inflexible, reducing their ability to absorb repetitive impact efficiently. That is why people with high arches who participate in endurance type sports are susceptible to overuse conditions such as stress fractures, heel spurs, and Achilles tendinitis.

Soft orthotics are made using the "weight-bearing" method. In this technique the athlete steps into a foam-filled box and makes an imprint of the feet, from which models of the feet are made, and from those, corrective orthotics.



In addition to providing much-needed cushioning support for high arches, soft orthotics also provide impact absorption that prevents conditions such as heel spurs, plantar fasciitis, and stress fractures.



**Rigid orthotics** are preferable for flat feet and feet that excessively pronate and that need a lot of support. Their purpose is to restrict excessive rolling in of the foot when running, the undesirable motion associated with flat feet and feet that excessively pronate.

The overuse injuries commonly seen in athletes with these kinds of feet are stress fractures, posterior tibial tendinitis, and compartment syndromes of the lower leg.

A "nonweight-bearing" technique is used to fit rigid orthotics. Using plaster of paris, an imprint of the foot is made while the athlete is sitting or lying down, legs hanging off the edge of a table. When it has dried, the negative cast is filled with wet plaster to make a model of the foot, from which an orthotic is designed.

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to minimize the effect of the anatomical abnormality.

**H**aving the model of the foot made when the athlete is lying down allows a much more accurate biomechanical evaluation of the athlete's foot. Because they require more skill to fit, rigid orthotics are usually made by podiatrists.

***To sum up:***

1. The ideal way is to see your local podiatrist.
2. or to see your local chemist who may have various inexpensive orthotics that may well fill your requirements.