How Can Physiotherapy Help

- Physiotherapists are specifically trained in musculoskeletal assessment. This makes them the ideal health professionals to treat injuries or problems with joints, bones, muscles, tendons and ligaments. They can recognize contributing factors to poor foot alignment.

- After a detailed **assessment**, a **treatment plan** would be designed, to meet the needs and goals of the client. This may include:

Education

- on the condition
- on proper alignment and posture of the pelvis, low back and hips
- on proper ergonomics and body mechanics for standing and walking

Exercises

- proper instruction of strengthening or stretching appropriate muscles

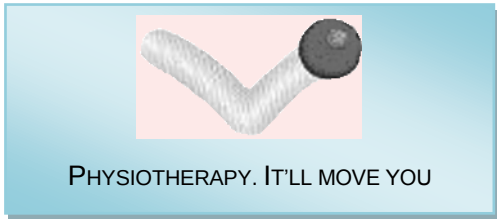
What Can You Do

- Ensure you wear properly fitted shoes - the sole of the shoe should match the sole of your foot (ie the widest part of your foot should be at the widest part of the shoe.
- The shoe should have good heel support. If you squeeze the back of the shoe, it should not sink in

For more information or, should you require physiotherapy treatment, please contact

Physiotherapy Plus

150 Duke St.
Miramichi, NB E1N 1H8
Phone: 778-1890
Fax: 778-1892



River Rehabilitation Services

136 Newcastle Blvd.
Miramichi, NB E2L 3X9
phone: 622-2079
Fax: 622-4093

PHYSIOTHERAPY PLUS
empower your Recovery

Orthotics

River Rehabilitation
empower your Recovery

What You Should Know

Look inside to see how Physiotherapy can help you to..

- Understand the role of orthotics
- Determine if you are a candidate for orthotics

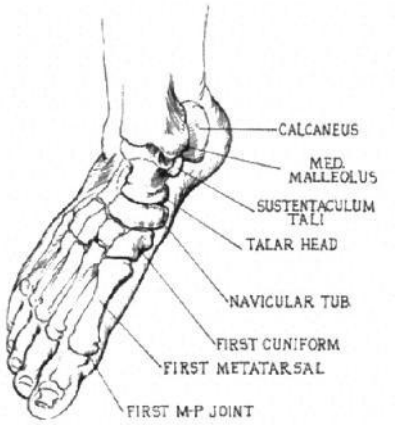
Orthotics
An Overview

- **What are Orthotics**

Orthotics are specifically made foot implants designed to help keep the normal alignment of the foot. This prevents any excessive strain of the joints, muscles and ligaments at the ankle and above.

- **Why would I need Orthotics?**

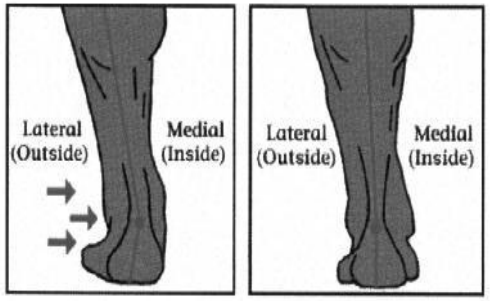
Joints can be held in an abnormal position through muscle imbalance problems, producing abnormal pulls on the bone



Joints can be excessively mobile or hypomobile due to capsule or ligament restrictions. If bones are supported in neutral position, the muscles will have an easier time to work. This helps to improve endurance on ones feet and decrease any excessive strain on tendons, ligaments and joints.

Physiotherapy and Orthotics

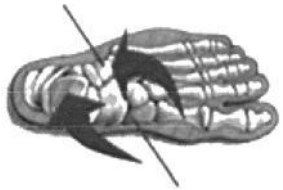
- Orthotics are more effective and durable if the ankle and foot have normal mobility when fitting the shoe. A restricted back, hip, ankle or foot joint may need to be mobilized before fitting for an orthotic. Otherwise, orthotics will just support rather than correct a problem.
- Good support from larger muscles at the abdominal and hip areas help to have the body weight spread evenly over the foot.



- It is important to have a full biomechanical assessment done, to identify all the problem areas and prescribe appropriate treatment.

How are Orthotics Made

Orthotics are made by making a mold of the foot with the subtalar joint in a neutral position.



This should be done in a non-weight bearing position to eliminate the forces exerted on the bones by the weight of the body and by muscle activation.

The implant is made from this mold and fit in an appropriate shoe. This implant can move from one shoe to another.

Symptoms Which Can Be Helped With Orthotics

- Foot, arch or heel pain - ie heel spurs, plantar fascitis, bunions, hammer toe

- Leg and knee pain – ie patellofemoral syndrome, arthritis
- Hip or Back Pain - trochanteric bursitis, degenerative disc disease