

## Orthopaedic Connection

### **Correct Shoes, Orthoses Can Ease Joint Pain**

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Each foot is composed of thirty three joints, twenty six bones and one hundred tendons, muscles and ligaments. That is why we are here with you today.

Your feet take a pounding --- every time you take a step. Your feet feel the stress, but so do your ankles, knees and hips. For people with arthritis, that stress leads to more pain.

If there were a way to decrease those forces, the pain would be reduced in the foot and other areas of the leg and hip and even the back.

Is it any wonder that people, especially those with arthritis find walking painful?

#### **Lets Play Jeopardy**

A device that reduces stress on your foot by cushioning, absorbs impact and distributes forces more evenly across the foot to relieve painful pressure.

What is an *orthosis*?

Wouldn't it be nice (Beach Boys song) if all of our feet and ankles were perfectly constructed mechanically and would never change? Well sorry, not going to happen.

What's the answer?

In a study published a couple of years ago research found that a large number of patients with foot pain who used foot orthoses for six months found that their pain, disability and activity limitations all decreased with the use of orthoses. Decreased significantly for pain and disability.

Orthotics can help in several ways. Cushioning, absorb ground force, reduce pressure, distributes forces evenly across the foot.

Orthotics, as most everyone knows come in two varieties.

You can buy them off the shelf with no prescription at a retail store. They might help. But you are really on your own. Good luck. No harm to try.

If you don't get better don't be surprised though. Most people have no clue why they hurt. So a proper exam and diagnosis can point you in the right direction.

Off the shelf orthotics might still be for you, but with an examination I could tell the orthotic place what is wrong with your feet and what type of orthotic you might need. You might require a custom made orthotic for which you need a prescription.

We haven't even talked about shoes or how orthotics can correct specific problems. I don't have space to finish it today, but I can easily wrap it up for you next week. Then you will have the big picture. See you then.

For much more information about foot and ankle problems and all the other things I treat in the office and hospital log onto [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com), which can also take you to Your Orthopaedic Connection.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush