



## WHAT'S THAT IN YOUR SHOES?

Foot Orthotics...Performance from the Ground Up – Part II  
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Mike Napierala PT, SCS, CSCS, FAFS, NG360  
PEAK PERFORMANCE, Physical Therapy/Sports Training

### o FOOT ORTHOTICS...The “Why”

- What's the big deal about feet anyways?
  - The Facts...
    - 52 bones in the feet – THAT'S 25% of all the bones in your body!
    - We average 8,000 to 10,000 steps/ day or several miles walking
    - Your feet walk on avg 115,000 miles in a lifetime
    - Running produces 3-4x Body Weight forces or more
      - o For a 150 lb person that's 450-600 lbs to deal with!

***YOUR FEET MUST DEAL WITH A TON OF STRESS EVERY DAY***

- What Does My Foot Actually Need to Do?
  - Absorb shock, handle uneven surfaces = **pronation** (low arch)
  - Propel or push off as a rigid lever = **supination** (high arch)

This is an oversimplification but gives you a general concept.

#### **“GOLDILOCKS FEET”...**

*When it comes to supination and pronation you can have too much, too little, too early, too late, too fast, too slow....you want just the right amount at just the right time!*

- What injuries or problems benefit from orthotics?
  - Not quite that simple. It's more than just an “if then...therefore....” sort of statement.
    - While some bodies seem to be able to tolerate impressive amounts of asymmetry, alignment issues, motion or strength abnormalities, or things like leg length differences – other bodies struggle and can develop pain or compensations leading to breakdown elsewhere.

- Common diagnoses....
  - Foot/ankle: plantar fasciitis, ankle tendonitis (peroneal, posterior tibialis, Achilles...)
  - Adjacent areas: patellofemoral pain, iliotibial band syndrome, patellar tendonitis, patellar instability, hip bursitis, piriformis syndrome, low back pain and sacroiliac dysfunction...etc
- Recent story
  - High school basketball player with recurring patellar (kneecap) dislocations – let’s call him Jimmy. His foot structure contributed to tremendous overpronation or collapse of his foot/arch, contributing to dragging his knee inward as well.

STAND UP AND GIVE IT A TRY NOW....NOTICE HOW COLLAPSING YOUR FOOT INWARD OR TO A FLATFOOT OR LOW ARCH POSTURE CAUSES MOST KNEES TO ALSO FOLLOW INWARD ALSO

Imagine if this is happening every time Jimmy lands from running or jumping or changing direction. He had foot structural issues that caused his feet to collapse/pronate too much – he’s much more stable now in his orthotics!

## FOOT ORTHOTICS...

Remember Goldilocks – when it comes to supination & pronation you want just the right amount at just the right time.

**Call Peak PT @ 218-0240 if you need help deciding on orthotics!**

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