

**SPRINGWOOD:**

1/1 Laurinda Crescent

COOPERS PLAINS:

2/124 Orange Grove Rd

07 3133 8134**Orthotics: The Insole-ution?**

“Orthotics” is a common word associated with podiatry. Many clients tell us they need orthotics, or that they were told to get orthotics (and in some cases, for no reason!). Conversely there are people who are against orthotics because they have been told that they don’t help, they’re uncomfortable, expensive, or that you have to wear ugly shoes. In saying that, a lot of these people (and probably many others!) don’t actually know what orthotics are, what they do, or how they may benefit you! So let’s clear up some of the mystery behind orthotics today!

Simply put, orthotics are shoe inserts that help support your foot structure to improve your walking and function. They help reduce and resolve lower limb and back pain by improving your alignment and posture. They also help resolve muscle overuse injuries by balancing out the forces on your muscles and joints, helping your feet to do what they are meant to more effectively and efficiently. Moreover, orthotics can help prevent or delay problems that may be caused by your foot structure and walking.

Now, “orthotics” (a.k.a. “insoles” or “inserts”) has become somewhat of a loose term, with over-the-counter inserts and arch support devices being so readily available from chemists, physiotherapists, and even cruise ships! However, it is important to note that these inserts are **very different** to actual podiatry orthotics. One of the main things to note is that these inserts are **generic** and at best will provide some arch lift, but they will not cater for specific structural and/or functional issues you may have. Also, these inserts are usually made to cater for people who “pronate” (flat-footed, dropped arches, rolling in). But remember: **EVERY FOOT IS DIFFERENT**.

It is also important to remember that orthotics aren’t suitable for, and may not benefit everybody, so we won’t prescribe them if we don’t believe they will benefit you. Here at Foot Factor Podiatry, our podiatrists take the time to assess you and your feet. If you are having problems, we will identify the possible causes and risk factors, and if your walking or foot structure is a contributor, then we will do some trial treatments to determine the best treatment plan for you. If we find that orthotics may help, we will then recommend the best orthotic type for you, based on things such as your foot structure and function, footwear, activities, etc.

All our orthotics will be **customised** to what you and your feet need, so it doesn’t matter your foot size, shape, or if both feet are different! We have a 3-D scanner that allows us to capture imprints of your feet in order to make personalised orthotics for your feet and your feet only! These custom orthotics can also be designed to better fit your more streamlined work or dress shoes. So, no! Having orthotics doesn’t mean you’re resigned to joggers or ugly shoes! Plus nowadays, there are heaps of fashionable yet still orthotic-friendly shoes! If needed, your podiatrist can assist you in finding suitable shoes.

Having orthotics also doesn’t mean you need to wear them 24/7! If you are experiencing pain, we would advise to wear them as much as possible but otherwise, we advocate wearing them for long periods of weight bearing, and also for sports and exercise. If you have a fancy event, or if you’ll be mostly sitting, then your feet are allowed to take a little break! Also, just because you have orthotics now, it doesn’t mean you need them for life! Things change, such as your routine, level of activity and even your feet! This is why we advise annual orthotic reviews, to ensure that your orthotics are still suitable. During your review, we can do modifications if needed, before any negative impacts occur.

We hope this article has cleared up some of the mystery (and possibly even fear!) behind orthotics. If you have an issue and are wondering if orthotics can help, if you have old orthotics that haven’t been worn or checked in years, or if you simply are interested in finding out more about orthotics and your feet, book in and see one of our amazing podiatrists – they will be more than happy to help!

PRODUCT OF THE QUARTER – SILIPOS GEL PRODUCTS

Do you find your toes rub against your shoes? Or do you have toes that curl, don’t sit straight or cross over onto your other toes? Does this cause you pain, blistering or maybe even hard skin and corns? Well, we’ve got an answer for that! Try some of the silipos gel products!

From a range a toe strips, caps and pads, all silipos products come either fully-lined with a thin gel or with a thicker gel pad. The gel provides some cushioning and shock absorption to help reduce friction and pressure from rubbing against shoes. They can also help reduce rubbing or pushing against the adjacent toes. All this will help minimise the build-up of blisters, hard skin and corns! If you think some of these products may help, they are available for over-the-counter purchase at both our clinic locations. If you need more information, book in to see one of our podiatrists and they will be able to assist you in finding the best treatment option for you!

Upcoming Events**18th-19th Oct & 21st-22nd****Nov – School Ready Program**

We will be hosting the “School Ready Program” organised by Ascent Footwear at selected kindergartens/day-cares. This event aims to prepare your child for school and school shoes with some fun activities, and we will also be holding FREE kids foot screenings. If interested, let your day-care know so that we can include them!

14 November – World Diabetes Day

More and more Australians are getting diagnosed with diabetes every day. Diabetes can cause a lot of changes to your body, especially your feet, so make sure you get your feet assessed by your podiatrist regularly!

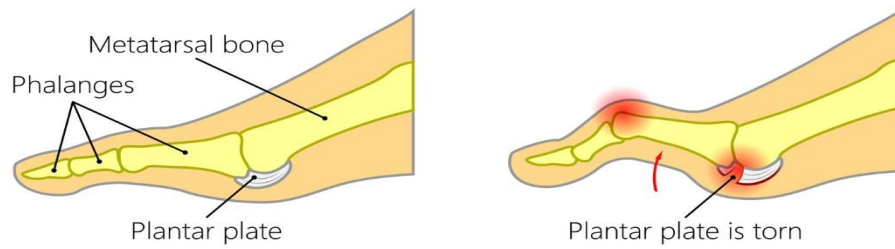
Sales/Specials**Dec – Shoe Sale!**

During December, selected shoes will be on sale for 20% OFF. *Only at our Springwood clinic!*

Like and follow us on Facebook for surprise sales/offers!!



Plantar Plate Injuries



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What Is A Plantar Plate?

The plantar plate is a thick fibrous ligament underneath the foot that connect the long bones around the ball of the foot (known as metatarsal bones) to its respective toe bones (phalanges). The plantar plate is an important structure as it helps stabilise the toe joints, to keep the toes in place and prevent them sitting up or drifting. A plantar plate injury can be anything from a slight dysfunction, a partial tear or a complete rupture. The second toe is the most commonly injured.

What Are The Symptoms?

- **Pain** – This is typically at the ball of the foot especially around the toe joint, and is usually fairly localized to a small area around the injury. The pain may be aggravated with flexion of the toe and long periods of weight bearing. Swelling may sometimes be present as well, which can cause nerve impingements leading to sharp, shooting pains or numbness.
- **Deformity of the toe** – Depending on the severity of the injury, the toe may become quite unstable. You may notice that your toe starts to drift either upwards (like a hammertoe) or to the side (it may start to lean towards another toe). If your foot is placed flat on the ground, you may also notice that the injured toe does not touch the ground. If left untreated for too long, the toe may eventually dislocate from the joint, which may then require surgical interventions.

How Does This Happen?

Sudden/acute incidents can cause a plantar plate injury, however they are most commonly a repetitive overuse injury due to a number of different reasons, including the following:

- **Poor foot structure/function**– Abnormalities like bunions or excessively short/long metatarsals can cause an imbalance in loads and pressure on your foot when weight bearing. The way you walk can also be a contributing factor to plantar plate injuries.
- **Lifestyle** – Certain sports may cause a higher risk of developing plantar plate injuries. Your footwear choice can also have an impact, for example, high heels would put more pressure on the ball of your foot.
- **Steroid injections** – Constant or excessive steroid injections around the site can cause a weakening of ligaments, and can result in thinning or instability of the plantar plate.

How To Treat It?

Plantar plate injuries should not be taken lightly, and you should seek treatment as soon as possible to prevent further damage to the structure. Depending on the severity and the cause(s) of the injury, most cases can be easily resolved with conservative treatments. Here at Foot Factor Podiatry, our podiatrists spend time assessing your condition and the possible contributing factors in order to prescribe individualised treatment plans. We try to address as many of the contributing factors as possible to improve your outcome and recovery period.

A treatment plan can include a range of treatment options depending on your needs, such as supplementary at-home treatments, footwear advice, strapping and padding, and if required, orthotics to help correct poor foot function and walking patterns that could be contributing to your condition. If your condition requires more serious or surgical interventions, we will also be able to steer you in the right direction so that you can get the best treatment available.

If you think you may have a plantar plate injury, call **3133 8134** now for a consultation at Foot Factor Podiatry:

1/1 Laurinda Cres, Springwood;

OR

2/124 Orange Grove Rd, Coopers Plains.

Don't let pain restrict your participation in life!

To receive updates on sales, competitions, and special offers:



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