

## SHOES ARE CRITICAL TO THE SUCCESS OF THIS TREATMENT BUT MOST ARE POORLY DESIGNED. Take this guide and rely on it's advice in choosing appropriate very strong soled shoes.

This guide is for patients and comments on shoes relate to their suitability for use with these orthotic devices.

Special extra depth or orthopaedic shoes are not recommended. They are expensive and usually not strong or hard wearing. Some shoes said to be made to take orthotic devices are only made deeper at the heel (e.g. Kumfs) to take traditional arch supports and so are not suitable.

Hand made shoes are not usually required and can be an expensive disappointment.

Choose very strong (rigid) soled quality shoes off the shelf, slightly larger to accommodate the devices.

Test a shoe yourself by attempting to bend and twist the sole. If they can be bent or twisted in the middle, they are not supportive enough and will collapse under you. Try to push your thumb in the side of the sole, some hard tread shoes have soft foam between the strong sole and your foot, allowing you to roll around. I suggest models but you must make sure that shoes are strong in the sole to support the devices to hold your ankle/knee straight, fit your foot in shape and width and that the sizing is correct. Wide foot? - fittings are available. Women look at mens sports shoes.

Avoid soft cushioned or flimsy rubber soled shoes such as many models of "D.F." ECCO, Kumfs, Hush Puppy, Rivers, Nike. No brand of shoe is always suitable. Test shoes yourself.

Sports shoes. Small local sports stores usually have mainly expensive soft cross trainers, walkers or gadget running shoes unsuitable for your use. Manufacturers make the look and marketing spin impressive but most are entirely unsuitable for the purpose for which they are sold. Most people seeking 'sneakers' should be after tennis shoes from a local tennis centre/pro shop - basic models. Do not follow advice on shoe models from the poor shop assistants. Despite their best intentions they do not understand your new orthotics or shoe needs as much as I want you to. You need to become the expert. You do not need to be assessed or categorized for a motion control gadget or straight lasted shoe. The orthotics change everything. They are your own individual correction and you just need a 'neutral' strong soled stable shoe.

Avoid budget brands (e.g. Lynx, Dunlop, Slazenger) they are not strong in the sole. The big name brands with very good materials are now poorly designed, too soft and cut away where we need support, eg this Asics is unsuitable.



### Running Shoes:

The orthotics are your individual correction. For running all you need is a strong stable neutral shoe. Avoid 'Roll Bar' and 'Dual density' soles. (Different hardness/colour or blocks, one side to the other) The sole should be strong and symmetrical with only moderately cushioned soles. Most big name runners are absurdly soft soled - will injure you. Great deal of hype but are unsuitable for the purpose for which they are sold. Brooks 'Cascadia 2' (trail runner) S257 sole, excellent. Replaced by too soft, series 3 with 'MoGo' sole. 'Brooks' store 'DFO' Brisbane Airport have had some 'Cascadia 2' runner. A retro model adidas "LA Trainer", sole looks like racing shoes of 30 yrs ago.

Sports Shoes Best; Retro models of Adidas, 'LA Trainer' or 'Superstar 2. Found at Foot Locker. Only other big name shoe to walk/run is NB622 cross trainer.

Tennis/court shoes from a tennis centre. 'KSwiss', had good models eg 'Breakthrough', 'Ascendor' or 'Defier' but tending to make shoes softer/cushioned so test them. Adidas 'Barricade' or 'Tyranid' (slim fit). Many badly designed. Tennis shoes do not need cushioning - unstable - you will roll your ankle.

Basketball 'AND1' or R.B.K. (avoid all air window models)

Grass sports; Football, Soccer, Rugby.

Strong basic rigid soled models of known brands.

Walking shoes Most sneakers from sports stores unsuitable except; Retro models of Adidas 'Superstar 2, 'LA Trainer, 'Low Court Evolution' which has bright trendy colours. Centre) or 'Snowgum's 'Waratah'. or some Scarpa shoes from outdoor shops. Avoid new air cushioned Rockports. Be selective as most walkers, cross trainers and outdoor shoes are too soft in the sole.

### Hiking boots

Traditional strong reinforced soled quality hiking boots are available at outdoor shops like Paddy Pallin, Scout Shop. Expensive but the ultimate in stability & comfort. Many good brands. Mountain Design's own brand, AKU 'Suiterra inject GT' or 'Scarpa' - Paddy Pallin. Always test them yourself, rigid sole required. Avoid all ECCO & some cushioned unstable models of AKU, Salomon & 'Hi Tech'. Outdoor shoes usually flexible, over cushioned and not supportive except 'Snowgum's 'Waratah'.

Work boots Used to be hard soled/strong - most now have air cushioned flexible soles which make them unstable and part of the cause of problems. If a steel cap is not absolutely necessary, hiking boots as listed above are expensive but are the ultimate in lower limb/pelvic stability & comfort. The orthotics cannot realign you in cushioned models. Strong soled models: Colorado work boots from normal shoe stores are very strong. Best steel toed hiking boots from www.cabelas.com (USA). 'Rimrock GORE-TEK steel -Toe hiking Boot' Excellent quality & V strong \$79-95. Mens sizes 8-13, medium D and wide EE. Womens 6-10 B. Sizes large, I went down 1/2 size from usual.

Dress and casuals Strongest is leather soled RM Williams boots, elastic sided or can be ordered as a zip up - excellent (not synthetic soled model - not as strong)

Strongest sneakers- Retro models of Adidas; 'Superstar 2, 'LA Trainer, 'Low Court Evolution' which has bright trendy colours. Avoid new Rockport- now excessively cushioned

Mens - Strong leather soled roomy models of Aquila, Windsor Smith, florshiem. Strongest synthetic soles models of Julius Marlow.

Women's - Strong soled roomy models: Pilot & Planet, Easy Steps eg 'Kirsty' (Myers & DJs). Homy Ped from Chemist (these models only) Stride, Erin, Mallory, 'Footprints' (by Berkinstock) strong, removable inner sole. (Beware Kumfs - usually over cushioned- unstable)

Sandals; (only if the orthotics work in them and hold you straight). Strong soled sandal, removeable inner sole, eg:

The orthotic devices are only comfortable & effective in very strong soled shoes. The worse your problems & heavier you are, the stronger the shoe should be. You have to be able to walk without pain. If your shoes are not cure, don't worry, people see the smile on your face long before they notice your shoes.

This innovative orthotic treatment challenges conventional ideas on sports shoes, sports medicine and orthopedics. Rely on this advice & shoe guide.

This scientifically advanced orthotics treatment changes peoples lives but the success is completely under your control/dependant on you:

# The orthotic devices are only fully effective in correcting posture with the support of very strong soled shoes.

That does not mean fairly strong, it means rigid and not able to be bent or twisted through the middle of the shoe. Flimsy or soft shoes must be replaced. Sports shoes are usually too soft or have ill conceived gadgets. Your existing sports shoes may have to be replaced if their design is inappropriate.

# Improvements in your condition then depend on your constant use of the orthotics.

Orthotics should be worn constantly. Some people may only consider that they suffer problems during exercise but most of us eventually have knee, hip or back problems that affect our daily life and the orthotic devices need to be worn constantly in strong soled shoes to realign your posture and prevent the injury and wear which otherwise accumulates faster than our body can repair. When you take the orthotics off you immediately revert to your unhealthy alignment, your knee and hip click out and your spine slips out of alignment again. Despite popular myths you may have heard, the muscles cannot sustain the effort and there is nothing in the neuromuscular system which tells them how hard to pull to hold you straight. The skeleton is your framework, only the orthotics realign it. People who exercise should still wear the devices at other times to be realigned during 'incidental' daily activity which can be significant in causing damage.

Special exercises are not required as the skeleton is our framework and when realigned by the Orthotic devices normal exercise and incidental daily activity will work and build muscles in correct balance.

Existing problems The orthotic devices realign posture to achieve healthy function in joints and muscles preventing injury and wear, allowing the body to begin to heal. How long this takes depends on the nature and severity of the problem and your being committed in wearing the devices constantly in the strong shoes.

The ambitious devices are suited to roomy sports/casual shoes and will not fit the shape of a pointy women's fashion shoe. Women with bad angles of correction will have to re-evaluate their idea of fashion in order to solve their problems. Square or rounded toe accommodating fashion shoes bought larger may suit the orthotics. Dress orthosis can be made to more easily fit sensible dress shoes, still bought slightly larger. Correction is reduced but significant for when less active. The ambitious orthotics are more effective and should still be the preferred orthotics.

Shoes - The devices take up room depending on the degree of correction an individual requires. New shoes may be required but the long term benefits in health and lifestyle make it worthwhile, nothing else will work. Try the devices in shoes when buying them, removing any loose inner sole. Buy shoes to achieve depth not wider as you will slide around in the shoes. Having purchased shoes, tear out any glued-in lining to create room and avoid interference. Dress shoes, look for models with deep heel cups that hold you well at the heel.

Sandals with removable inner soles are available, they are not strong but better than you going without the devices. Try them on and see if your ankles & knees are straight. If they seem O.K. you could try them and see if the orthotics still work for you and your problems are improving. Otherwise get more strict and go back into strong lace ups again.

Replace or repair: shoes with existing wear, e.g. outside edge of heel.

How will it feel :These ambitious Orthotic devices are the correction required to realign your posture to achieve results. It may feel strange and exaggerated at first but this is what is necessary and you will become accustomed to it The orthotics significantly realign your posture to achieve results and our body only knows what has been familiar. You may feel very strange, even slightly uncomfortable until you become accustomed to the new posture. Some tight muscles will have to stretch, others that have not been aligned to take their share of work before, will now feel the effect.

Spine adjustment. If you feel the need, get adjusted. It will be more effective and hold much longer than before because your Orthotic devices realign and stabilise the entire lower skeleton including the pelvis, giving stability to the spine and a chance to hold alignment and improve.

How long do they last 2 to 3 years depending on how they are treated and used, i.e. the level of activity and weight of the individual. While you are problem free, they are obviously working. When symptoms start to return it is time for them to be replaced. Your casts are usually kept at the workshop for around 4 years, except with the young (still growing) or the elderly with skeletal deterioration. Contact the clinic regarding subsequent sets of orthotic devices.

How to care for the Orthotic devices. Do not use chemicals. Keep away from fires and heaters! May be washed under the tap with mild soap and allowed to dry gently.

### Troubleshooting - problems you may have:

Pressure or pain to the ball of the foot or toes or pain or numbness in the feet indicates tight shoes.

If the orthotic's arch feels high, the shoe's sole may be too soft, heel and forefoot sinking into it, leaving the arch prominent, the foot being supported by the arch and not comfortable.

If you are not as straight or well aligned as hoped, your shoes are not strong.

If your problems are not improving, maybe your shoes are not strong and/or you are not wearing the devices all the time.

