

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 TRCC 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.

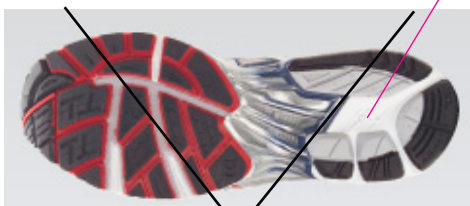
Hand made shoes are not usually required and can be an expensive disappointment.

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

Cushioning is pushed by the sports shoe industry but it is marketing hype, stability is more important. We need strong soled shoes in the gym and other applications where large forces are involved such as lift and carry work situations. (Competative weightlifting shoes have wooden soles) Modern soft-soled sports shoes are extremely unstable. **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 fittings are available. Many women use mens sports shoes. Avoid soft cushioned or flimsy rubber soled shoes such as most models of ECCO, Hush Puppy, Rivers, Nike, Keen, Merrell & and some Kumfs. No brand of shoe is always suitable. **Test shoes yourself.**

Sports shoes. Sports stores have mainly expensive 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. Do not follow advice on shoe models from the poor shop assistants who do not understand your new orthotics or shoe needs as much as I want you to. You need to become the expert. **The orthotics change everything. They are your own individual correction and you just need a 'neutral' strong soled stable shoe as on this page.**

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.



Shoes like this are over cushioned & unstable.



Running Shoes:

The orthotics are your individual correction. For running all you need is a strong stable neutral shoe. Avoid 'Dual density' soles. (Different hardness/colour or blocks, one side to the other, as shown above) The sole should be strong and symmetrical with only moderately cushioned soles. Most big name runners are absurdly soft soled & unstable. Great deal of hype but unsuitable for the purpose for which they are sold. **Best available are retro model 'Originals' ZX500 or ZX503 or ZXZ500 on internet sites.** Onitsuka Tiger 'Ultimate 81' light sports from 'Hype' sneaker store & internet. Racing flats -'Originals SL72' hard non-cushion sole racing shoe. If you are V solid/heavy try Zamberlan 'Zenith GTX' or 'Spirit GTX' trail shoes from 'Mountain Design' stores.

Sports Shoes Strongest shoes avail - For Gym, trail runner, walker, Zamberlan 'Zenith GTX' or 'Spirit GTX' from 'Mountain Designs' stores. Light casual, runner Onitsuka Tiger 'Ultimate 81' (only this model) from Hype sneaker shop. My choice, Adidas 'originals' range ZX500. This shoe also known as ZX503 ZXZ503 available from 'Sports rush Amazon' at:

'www.amazon.com/shops/A32ZS7QIH86BOM'

Adidas "kicks" avail Adidas and Rebel.

Nike Elite S1 Q111 from Rebel stores.

Tennis/court shoes from a tennis centre. Adidas 'Barricade' or 'Tyrand' (slim fit). Many now badly designed, too soft. Tennis shoes do not need cushioning - unstable, you will roll your ankle.

Basketball Adidas or '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 outdoor shoes unsuitable except; 'Zamberlan' 'Zenith GTX' or 'Spirit GTX' from Mountain Design outdoor shops. (womens models available) Avoid new air cushioned Rockports. Be selective as most walkers, cross trainers & outdoor shoes are too soft in the sole. Avoid Keen, Merrell, Columbia, Ecco & other rubbery flimsy shoes.

Hiking boots

Traditional strong reinforced sole quality hiking boots are available at outdoor shops like Paddy Palin, Mountain Designs. Expensive but the ultimate in stability & comfort. Many good models, 'Zamberlan', 'Asolo' or 'Scarpa' I use Zamberlan "Trail light" med width, 'Baltoro' wide fit. Always test boots yourself, rigid sole required. **Avoid AKU & all ECCO, Columbia, Merrell.** Avoid budget brands like 'Hi Tech'. European models vastly superior. Outdoor shoes usually flexible/over cushioned and not supportive, test them.

Work boots Used to be hard soled/strong - most now have air cushioned flexible soles which make them unstable - they will not work effectively. Avoid soft boots eg 'Oliver' 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. **Also steel toed hiking boots** from www.cabelas.com (USA). 'steel -Toe hiking Boot' Excellent quality & V strong \$95. 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 - not as strong). RM's round toe 'Henley' extra wide 'Tambo' Casual/walker - Zamberlan 'Zenith GTX' Casual sneaker is Adidas 'Kicks'

Mens - Strong soled roomy models of Aquila, Windsor Smith, florshiem. Julius Marlow - Leather best but some synthetic soled models of Julius Marlow quite strong.

Women's - Strong soled roomy models: Pilot & Planet (Myers & DJs) Identify strong models with removable inner sole.

Sandals; While specialty shoe stores have many shoes that are not strong, Test them yourself for the occasional one that is suitable. I found several reasonably strong sandals with removable inner soles in 'Paul Carroll's' in Perth. Make sure the orthotics work in them and hold you straight.

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 cut, don't worry, people see the smile on your face long before they notice your shoes.

The Robert Charles Clinic Instructions/Shoe guide Nov 2011.

This innovative orthotic treatment challenges conventional ideas on sports shoes, sports medicine and orthopaedics. 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: Improvements in your condition then depend on your constant use of the orthotics.

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.



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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.