



Orthotics

Back to Health
Chiropractic Centre

BUNION MANAGEMENT

Several features combine to create the infamous bunions that are the plague of every woman who loves to wear tight fashion shoes. Like many of our physical features, bunions tend to be inherited, but get worse with time. Severe bunions can be seen even in 12 year old, but rarely in males. In the diagram below you can see the big toe joint out of shape with the typical large bump (subluxated joint and thickened bursa), the widened foot and the end of the toe angling inwards.

The shape of the foot however, does not usually have much to do with the pain of the bunion. Bunion pain is most often caused by the wider foot and its prominent bump rubbing against the side of the shoe. The bursa (a small, flat, fluid-filled sac that lies just below the skin on

the outside of the bump), becomes inflamed and thickened. Even shoes that you once thought were loose may be tight enough to create a great deal of pain. Wearing wider shoes usually eliminates the pain, but the bump makes fitting tight shoes very difficult.

Bunion formation is likely accelerated by hyper-pronation (excessive lowering of the arches) because of the excessive weight placed on the big toe joint during the push-off phase of gait, forcing the toe into further inward movement.

It is advised to have this looked at early, which will lessen the chance of having to undergo surgery for it! Keri-Lyn, the kinesiologist in the office, can have a look at this to see what you need to do.

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Special points of interest:

DID YOU KNOW . . .

... that you can burn up to 600 calories an hour shoveling snow.

If you know of someone who requires a footscan/ gait analysis to assess for orthotics invite them into the office for a complimentary assessment on their feet. This is booked with Keri-Lyn.

SHOVELLING: YES THE SNOW WILL BE HERE!

When You are Shopping for a Shovel Look for the Following Features

1. Look for the "push-dump" shovel available at your hardware store.
2. Find a shovel made out of a light material such as aluminum or plastic.
3. Make sure the handle is long enough to prevent you from bending forward while you shovel.

Pedal Integrity in Growing Children—

address young feet now to avoid adult foot dysfunction down the road

Children's feet undergo marked developmental changes throughout the first 6 or 7 years of life. Incidence of flat feet, knock knees, or other abnormalities in a young patient does not always signal the need for therapeutic intervention, as is recommended in adults. Yet these conditions, along with gait abnormalities, pigeon toes, and bow legs, are the more common signs which cause parents to seek biomechanical evaluation of their children.

Young feet have not experienced the years of standing, walking, and wearing shoes, or other stresses which exact a high price from the adult foot. Prolonged and repeated stress to pedal soft tissues can create deformation which interferes with structural mechanical interactions. This explains why an estimated four out of five people beyond age 20 experience some form of foot dysfunction.

The developing foot a child displays not distinct architecture for about the first 12 months of life. Soft tissue and adipose tissue are its main components. From 18 months until about age 6, rapid development occurs in bony structures and the

longitudinal arch.

Weight distribution patterns change as this pedal development progresses. The toddler sways in learning to walk because the foot has limited weight-bearing abilities. Higher loading forces are recorded in the midfoot region and forefoot loading is roughly equal. As the musculoskeletal frame continues to grow, the pedal foundation seems to shape itself to provide better support.

The feet serve the body in three ways: bearing weight, assisting locomotion, and receiving the impact of gravitational force, also known as heel strike shock. In the adult foot, these functions occur in the stance phase of gait.

In children, the effects of pedal dysfunction may not be readily apparent, waiting until the subject is well in the adult years to manifest. Cases of low back, knee, and hip problems, postural fatigue, scoliotic deviations, and plantar fasciitis in adults have all been linked to untreated childhood pedal imbalance. Have your children checked to avoid future problems.

Your feet are the foundation of your body

People sometimes wonder how orthotics can correct knee or hip problems. Have you ever had a blister on the bottom of your foot? If you have, you know that you try not to put pressure on it. You change the angle of your foot when you walk and the next thing you know, your knee or hip hurts because you're walking differently.

Why do people have problems with their feet? It's simple. The foot is always in motion and under enormous pressure from the body's weight. As we walk or run, our entire weight lands on our feet, up to 10,000 times a day.

Or, you may have a sore back of hip, and when you alter the way you walk to compensate, your feet begin to hurt. There are many reasons for the aches in the back, legs, and feet—accidental trauma, poorly fitting shoes, or simply signs of age.

That's why people whose feet or legs are not "biomechanically correct" or in perfect alignment, often experience pain in other parts of their body.

Remember, your feet are your foundation. Footmaxx orthotics correct the movement of the foot, and that relieves the problems in the legs, hips and back.

If you have any questions feel free to email our kinesiologist, Keri-Lyn, at Keri-Lyn@Back2Health4you.com.

***"AT SOME POINT, 75%
OF THE POPULATION
WILL SUFFER FROM
FOOT-RELATED
PROBLEMS"***

FOOT MAXX ORT HOT ICS

Footmaxx orthotics, which are the custom orthotics we use, fit into your shoes. They are similar to insoles, except that they are custom made just for you. These orthotics will correct and improve the way your feet strike the ground. They help your feet move more effectively and enhance your natural movement.

Until a few years ago, many orthotics were bulky and that meant people sometimes had to buy special shoes. Not anymore! The new Footmaxx orthotics are very thin and lightweight. They fit easily and discreetly into your existing shoes. You can wear your most stylish form-fitting shoes, and still get the proper sup-

port and correction from Footmaxx orthotics. They have even come out with orthotics specific for most sports. They have them for hockey, figure skating, skiing, golfing, basketball, baseball, and numerous other sports. Also they have an arthritic and diabetic line of orthotics.

You can learn more about them at www.Fottmaxx.com, email Keri-Lyn at Keri-Lyn@Back2Health4you.com or book an appointment with Keri-Lyn.

TIPS FOR SHOVELING SNOW SAFELY

1. Warm-up before going outside. Do some stretches for you arms , legs, and low-back.
2. Bundle-up warm, but layers is better than a bulky jacket.
3. Don't let the snow accumulate. Fresh snow is lighter than wet or packed snow. It is better to shovel three or four separate times than to clear your whole driveway at once.
4. Pushing the snow out of the way is easier than lifting.
5. Don't overload your shovel. Fill it half full and step forward when you load your shovel.
6. Do not twist and throw the snow. It is better to turn first, then step forward with your hips and pointed in the same direction.
7. Keep the load as close to your body as possible and use your legs to do the lifting.
8. Don't stoop and don't lock your knees. This increases pressure on your lower back.
9. If you feel tired or short of breath, stop and take a rest.
10. If you feel a twinge of back pain, stop immediately and go inside. Lie down and rest, then try some easy back stretches.



RUN DOWN DIABETES

Regular exercise such as running can help prevent diabetes, a dangerous "lifestyle disease" that appears to be on a rapid-growth curve.

In a recent study, over-weight, sedentary people at risk for diabetes were put on a 9-month exercise program. They gradually worked up to 60 to 70 minutes of walking/running, bicycling or stair climbing 4 times a week.

After the 9-month study period, researchers found that the exercisers' insulin sensitivity was significantly higher than before the study, thus lowering their risk.

Says cardiologist William Kraus, a member of the research team, "This demonstrates the clinical significance of regular exercise in preventing the development of insulin resistance and glucose intolerance in patients at risk for diabetes and heart disease."

Running long-term can help prevent diabetes

Taken from Runners World - October 2002

Travel Tips

Many of us will be traveling over the holidays.

Here are some strategies for surviving the trip.

1. If your driving take a break and stretch every hour.
2. Use a lumbar pillow for your low back no matter what your mode of transportation.
3. Travel neck pillows are useful if you tend to fall asleep.
4. If you are flying don't wear restrictive clothing. When it is safe try walking down the aisle to keep the blood



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We are on the Web!
www.Back2Health4you.com

Open Monday to Friday from 7—7 pm.

About Back to Health Chiropractic Centre

At Back to Health Chiropractic Centre, our Health Care Team is committed to bringing you to a level of better Health! Back to Health is the place to go when your Health really matters. Our team heals Ottawa, one person at a time. We enjoy educating patients on a healthier lifestyle, the proper habits of daily living such as sleeping habits, working habits and sports related habits.

We work to increase a patient's optimal health, restore function, reduce pain and help you to age gracefully. Your progress is monitored and reported to you in follow-up assessments. Our Team involves patients in the Healing Process, be it with exercises, checking your daily habits or healthier eating. Our goal is to aid your whole family with living a healthier life and having a strong musculo-skeletal system and supporting structures. We bring your health together with **Integrity**. Allow us to spring you Back to Health!

PROFESSIONAL ADVICE

DEAR DOCTOR:

I have a friend at work who is in very good physical condition. She tells me that her secret is a combination of good nutrition, regular exercise, mental conditioning and wellness chiropractic care. I am in my late 30's and would like to get myself back in shape following a similar program. Can you help me understand how chiropractic fits into the model of health improvement?

Confused

DEAR CONFUSED:

You have taken a positive step in your life by deciding to begin a program of health enhancement. Many people fail to recognize just how effective regular chiropractic care can be in improving overall well-being. Nutrition, exercise, mental attitude and chiropractic are all interrelated, and neglecting any one aspect would be like keeping your car cleaned and waxed, having it rust-proofed, and getting the oil changed regularly, but never getting a tune-up or wheel alignment. Your car will not perform at its best unless the total system is maintained. Similarly, you will perform at your optimal level when your nervous system functions with minimal interference. Chiropractic care removes that interference, allowing every part of your body to receive the proper energy and massages from the brain. By remembering to utilize this part of the well-being formula, your system will perform at its peak potential and provide many positive benefits.