

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

Powers & Jans Centre

The Experts on Chiropractic Care:®



Dr. Rick Powers Dr. Wallace Jans Dr. Crystal Schmalz Dr. April Ruzycki Dr. Yoon Han



The Big White House on 6th St. just off Kingsway
737 - 6th Street SE

Ph: (403) 529-9069



Dr. April Ruzycki

Are orthotics right for me?

Last month I discussed the difference between custom-made orthotics and generic off-the-shelf orthotics; as well as the difference between rigid/hard orthotics and flexible/soft orthotics. This article will discuss the signs that indicate you may need orthotics.

5 major signs to look for:

1. **Asymmetrical Foot flare** – look at the way your foot turns in or out while you walk. Your feet should “flare” the same amount – if they are disproportionate this may indicate excessive pronation (the foot falling inwards). Additionally they should not rotate outwards too far (you don’t want to walk like a duck), external rotation of the foot should not exceed 18 degrees.

2. **Internal Knee Rotation** – you should be able to draw a line straight down from your kneecap to the base of the 2nd toe. If this line falls on the base of the big toe or perhaps even worse the line can be drawn to the floor missing the foot completely – it indicates excessive internal knee rotation. The term often used is “knock-kneed”. Internal knee rotation has been associated with a higher occurrence of

knee injuries.

3. **Bowed Achilles Tendons** – have someone look at your Achilles tendon (spot where your leg attaches to your heel) while you are standing bare-footed. Does the Achilles tendon bow inwards, outwards, or is it straight? If it is bowed inwards it is associated with increased pronation of the foot.

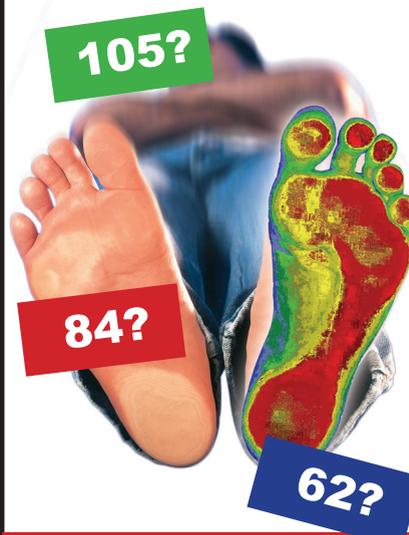
4. **Collapsed Medial Arch** – people may have looked at your feet and commented: “you have flat feet”; this is also a sign of foot pronation. Using the digital scanner in our office this can easily be detected.

5. **Uneven Lateral Shoe Wear** – look at your shoes, have you worn the heels out unevenly, particularly on the outside? This is a significant indication of instability and pronation of the feet.

These 5 red-flags can be easily identified with the naked eye, but the digital scanner gives additional information including the stability of the 3 arches of the feet: the medial longitudinal arch (on the inside of the foot), the lateral longitudinal arch (on the outside of the foot) and the anterior transverse arch (the ball of the foot). Additionally it shows the amount of pressure you are applying to different areas of your feet and it calculates a pronation/stability index number for each individual person; **Optimal = 0-34, Mild = 35-84, Moderate = 85-124, Severe = 125+.**

If you have questions or would like to get your feet scanned to know your foot stability number – call the clinic and we can schedule you for a complimentary foot scan.

WHAT'S YOUR NUMBER?



\$50⁰⁰ OFF
CUSTOM ORTHOTICS
Until April 30/12

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