

Spotlight on
Physical Therapy & Sports Medicine

KEEPERS OF THE GATE

When lower back pain strikes at the end of a workout, exercisers may have to look as far down as their feet for the source of the problem. The facts that even minor structural problems in the feet can trigger a ripple effect that stretches from the heels to the knees, hips, and back. Fortunately, these problems may be properly addressed with the addition of shoe inserts, known as orthotics, for compensatory foot support. Unlike generic shoe inserts found in drug stores, orthotics are custom-made devices that correct for specific structural problems within the feet. Generated of materials like polypropylene or graphite and rubber, orthotics are customarily used as wedges to position the feet at angles that prevent pronation, an inward roll of the feet that causes knee and back pain.

Pain is your body's way of telling you that something is wrong. After consultation with your podiatrist, why not make an appointment with **MILDER PHYSICAL THERAPY & SPORTS MEDICINE, P.C.** and give us the opportunity to suggest methods designed to alleviate pain and discomfort? Treatment goals may be achieved through pain reduction, muscle re-education, joint and soft tissue mobilization, improved range of motion and flexibility, and increased strength and endurance. For more information or to schedule an appointment, call us at (810) 478-7130. We are located at 13566 Elm Hill Road, Suite A, Farmington Hills, and we are open weekdays by appointment.

P.S. An examination of the feet and the balance patterns on shoes provide the basic information about how an orthotic should be constructed.