

## Time to Take Another Look At Your Orthotics

January 19, 2011

Many of my patients are surprised that I don't prescribe orthotics but try to fix their foot problems without them. I've always been skeptical on the science and usefulness of orthotics and now a new article has suggest just that:

[http://www.nytimes.com/2011/01/18/health/nutrition/18best.html?\\_r=1&scp=1&sq=orthotics&st=cse](http://www.nytimes.com/2011/01/18/health/nutrition/18best.html?_r=1&scp=1&sq=orthotics&st=cse)

According to some of the leading biomechanists:

"...there was no way to predict the effect of a given orthotic...They turn out to have little effect on kinematics - the actual movement of the skeleton during a run.

But they can have large effects on muscles and joints, often making muscles work as much as 50% harder for the same movement and increasing stress on joints by a similar amount.

As for "corrective" orthotics, he says, they do not correct so much as **lead to a reduction in muscle strength.**"

In the cases where patients did benefit from orthotics:

"Orthotics do work," Mr. Kennedy said. "But choosing the right one requires a great deal of care."

So what is the recommendation by top biomechanists studying orthotics?

*So why shouldn't anyone just go to a store and buy whatever shoe feels good, without worrying about "correcting" a perceived biomechanical defect?*

*"That is exactly what you should do," Dr. Nigg replied.*

### See if Your Feet Can Get Fixed CORRECTLY Without Orthotics

I have been getting [a kinesiology certification](#) the past few months that goes beyond regular chiropractic and addresses muscle imbalances, especially in the foot.

While some foot problems cannot fixed with muscle treatments due to ligament problems, email me ([pitchingdoc@msn.com](mailto:pitchingdoc@msn.com)) to see if we can correct the muscle imbalances in your foot and get you off your orthotics.