

Bodies in Motion

TOTAL HEALTH CENTER NEWS LETTER

“Expert Care with Caring Hands”

Volume 10

Total Health Center is a full service physical/occupational therapy clinic where expert patient care is our first priority. We treat a full range of orthopedic and neurologic conditions. Our clinic has therapists with advanced training and specialist certifications. Our goal is to help you, the patient, reach your full potential.

Foot Wear Can Be Therapeutic

As many as 80% of people are wearing improperly fitted shoes. Most people wear shoes that are too small, especially women. When is the last time you were actually fit for shoes? In addition to poorly fitted shoes, many of us wear shoes with negative biomechanical influences. For example, typically we bear 50% of our weight on the forefoot and 50% on the rear foot but with just a 2 inch heel 90% of our weight goes through the forefoot. This causes compensations at the ankles, knees, hips, pelvis and lower back. Eventually, muscles become shortened which causes muscle imbalance. High heels are not the only shoes with disadvantages. It is important also to consider the lack of support with flip flops, certain sandals and clogs. Shoes with a very narrow toe box can also affect foot mechanics.

There are steps you can take to ensure a properly fitted shoe.

1. Fit a shoe after you have been active so your foot size and shape are typical.
2. Allow a half inch between the longest toe and the end of the toe box.
3. The widest part of the shoe should coincide with the widest part of the forefoot.
4. The shoe should be snug along the instep
5. The quarter, vamp, and toe box of the shoe should not gap excessively, nor should they allow the toes to wiggle freely.
6. The heel counter should be rigid and should fit snugly around the heel of the foot, not allowing the heel to slip.
7. Purchase a shoe that was designed for your foot type and that is immediately comfortable. Do not try to break in your shoes.

Many people are unaware that many shoes, especially athletic shoes are made for a particular foot type. The three main types are motion control, stability, and cushioned sole. These shoe types are meant to benefit certain foot types.

A person can have a pronated foot which may be recognized as a flat foot. People with flat feet have a tendency toward problems such as plantar fasciitis, bunions, Achilles tendonitis, posterior tibial tendonitis, shin splints, medial knee pain, or ACL injuries. Motion control shoes are designed for people who over pronate.

A supinated foot presents as a high arch. People with high arches are more prone to stress fractures, lateral ankle sprains, lateral shin splints/snapping tendons, lateral knee pain and pelvic girdle dysfunction. People with a supinated foot type may benefit from a cushioned shoe.

For a normal arch, it is best to wear what is called a stability shoe. It provides proper support without excessively limiting foot motion.

Other factors can influence proper shoe selection such as weight, need for extra depth, foot sensation and expected use. Going to a knowledgeable retailer will be helpful in proper shoe fitting. It is more important to buy a shoe made for your needs rather than only buying a particular brand name because each brand may have shoes styles made for differing foot types. Brands do have certain characteristics. For example, Nike shoes tend to be more narrow and shallow, whereas, Brooks tend to be wider.

When proper consideration is given to shoe wear, foot, knee, hip, and back pain can be reduced or eliminated. It is important to remember that the biomechanical chain starts at the feet and can affect the whole body.



Call us at (269) 968-0888
Mon to Thurs 7am-7pm
Fridays 7am-4pm



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Healthy Recipe of the Month

Couscous Salad with Chickpeas

1 cup uncooked whole wheat couscous
½ tsp salt, divided
½ tsp black pepper divided
1/8 tsp ground cinnamon
1 cup boiling water.
3 Tbsp. extra virgin olive oil
3 Tbsp fresh lemon juice
1 ½ tsp minced garlic
Dash of sugar
1/3 cup chopped fresh mint
¼ cup thinly sliced green onions
1/8 tsp smoked paprika
1 (15 oz can) chickpeas, rinsed and drained
1 large ripe tomato
¾ cup crumbled feta

Place couscous, ¼ tsp salt, ¼ tsp pepper, and cinnamon in a bowl. Stir in boiling water; cover and let stand x 10 minutes. Fluff with a fork. Combine oil, juice, garlic,

Exercise of the Month

Achilles stretch:

Stand with one foot back, leg straight and the other leg forward with leg bent. Keeping your back heel on the ground, lean into the wall until a stretch is felt. Hold the stretch 30 seconds. Repeat 2-3 times each leg.



and sugar.
Add oil mixture,
remaining ¼ tsp of salt
and pepper, mint, and
next 4 ingredients.
(through tomato).
Sprinkle with cheese.
Yields 4 servings

Calories 351; fat 16.2g;
protein 11g; carb 43.6g;
fiber 7.7g; chol 19mg;
iron 2.6mg; sodium
655mg; calcium 154mg

Patient Testimonials

The therapist seems very knowledgeable and always answers my questions - Mike

The entire staff is very courteous and helpful. - Suellen

I am very happy with the services I have received. I was impressed by the therapy itself as well as all the people that work here at the clinic. While I hope not to need therapy in the future, if I do, I would come back here and I would gladly recommend you to family and friends. - Helen