



## ORTHOTIC THERAPY

Platinum Physiotherapy has expertise in customising ICB Orthotics for you and your family. Constructed from 100% EVA, they allow us to deliver a cost effective, yet highly sophisticated orthotic, which enables them to be easily and quickly heated, ground modified and individually customised. The design of the orthotic allows us to treat both simple commonly, and highly complicated rarer lower limb biomechanical conditions.

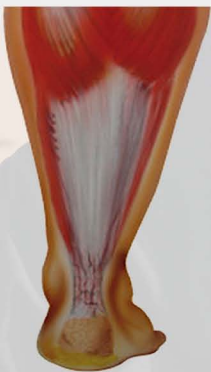


## So what conditions can Orthotic Therapy Treat?

### Hallux Abducto Valgus / Bunion

Caused by 2 contributing factors: A short 1st metatarsal, that will adduct and drop to meet the ground during the toe-off phase of gait.

Excessive Pronation causes excessive forces to be applied to the forefoot, with increased load on the 1st metatarsal head in an adductory direction. Orthotics can be prescribed to treat bunions by realigning and controlling pronation, thus relieving pressure from the 1st Metatarsal Phalangeal Joint.



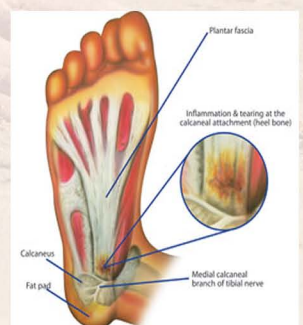
### Achillis Tendonitis

As the foot pronates or supinates, a tractional pull occurs at the attachment of the tendo-achilles, which can over time cause tearing of the Achilles tendon and surrounding sheath. Inflammation and swelling occur around the attachment, resulting in pain. If left untreated a Posterior Calcaneal Spur may develop.

Orthotics effectively treat the condition by controlling pronation or supination, thus relieving traction at the attachment and providing relief.

### Plantar Fascitis

Occurs when excessive subtalar joint pronation lowers the arch structure causing the foot to elongate and traction forces are placed on the plantar fascia, resulting in inflammation of the plantar calcaneal attachments, causing pain to be experienced. To treat Plantar Fascitis (the pre-cursor to the development of a heel spur), orthotics will aid in the correction and control of excessive pronation, thus restoring the foot's natural arch and relieving traction forces and pain. If the condition is treated in its early stages, it will help prevent a heel spur from developing.







## **Back Pain**

There are numerous causes of low back pain. A common cause of such pain is leg length discrepancy - which can be either functional or structural.

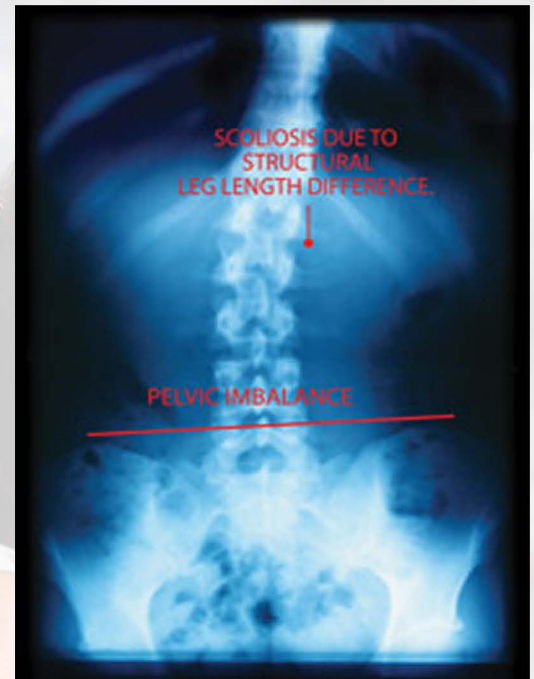
Often patients with a leg length discrepancy will exhibit excessive pronation. In the case of structural leg length discrepancy the patient will often present with unilateral pronation (i.e. worse on one foot) as a natural body compensation for the structural imbalance. Patients with a structural leg length discrepancy will require orthotics (for both feet) to firstly correct the pronation.

Next an appropriately sized Heel Lift addition should be added to the orthotic on the shorter leg, thus aiding in rebalancing the lower limb, and removing compensatory mechanisms that are often the cause of lower back pain.

As in the case of a structural leg length discrepancy, patients exhibiting a functional leg length discrepancy also often experience more pronation on one foot. Orthotics treat functional leg length discrepancy by correcting pronation.

Orthotics will correct and rebalance the lower limb, whilst mobilisations or adjustments may be required to loosen tight muscles and joints that may be causing pelvic imbalance.

Low back pain can be experienced in combination with excessive bilateral pronation - as the feet pronate and collapse the pelvis rotates anteriorly and an increased lordosis occurs at L1 - L5, placing increased stress on the lower back. Correcting the excessive pronation will assist by posteriorly rotating the pelvis to a neutral position and thus reducing pressure on the sacroiliac area.



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