

SUMMARY OF BENEFITS OF ORTHOTICS FOR RUNNERS AND SPORTS ENTHUSIASTS

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1. “A questionnaire by the Temple University School of Podiatric Medicine was sent to 275 people that had been wearing custom orthotics for more than one year.
“Overall, the majority of respondents indicated that they were satisfied with their devices, obtaining significant (60 to 100%) relief of symptoms. Very few patients indicated total dissatisfaction. The data strongly suggests that custom-molded foot orthotics are an effective and viable treatment modality associated with a high level of patient satisfaction.”
 - a. Walters, J: JAPA, 2004.
2. 62.5% of the participants in the study documented that their foot and body alignment condition was completely resolved by using orthotics. “Orthotics reduced or delayed the need for surgery in general for hallux valgus (bunions) and hammer toe specifically.”
 - a. J. Moraros: Journal of the American Podiatric Medical Association, Vol 83, 1993.
3. “The use of foot orthoses in patients with plantar fasciitis appears to be associated with reduced pain and increased function.”
 - a. From: University of VA, Sports Medicine Program
4. “Orthotic shoe inserts were most effective in the treatment of symptoms arising from biomechanical abnormalities, such as excessive pronation or leg length discrepancy. Along with other conservative measures, orthotic shoe inserts may allow the athlete to continue participation in running activities and to avoid other treatment modalities that are more costly and time consuming, and therefore less acceptable to them.” Conditions included in the study were excessive pronation (being flat-footed), arch pain, leg length discrepancy, Achilles tendonitis, shin splints and knee disorders.
 - a. Gross ML: Am. J. Sports Medicine, 1991.
5. “The potential of foot orthotics for reducing pain and injuries is convincing.”
 - a. Human Performance Laboratory, Univ. of Calgary.
6. “Customized semi-rigid foot orthotics have moderate to large beneficial effects in treating and preventing plantar fasciitis (arch and heel pain) and posterior tibial stress fractures (the tibia is the inner larger of the two bones in the leg); and small to moderate effects in treating patellofemoral pain syndrome (knee pain).”
 - a. Hume, P: Sports Medicine, 2008.
7. Orthotics have been proven to be effective in reducing running injuries. If orthotics can reduce running injuries, then imagine the positive effects of orthotics during standing for long periods of time. There are significant forces placed through your knees, legs, ankles and feet with running and standing, therefore, the shock absorbing capacity of an orthotic is very beneficial.

- a. From: Running shoes, orthotics, and injuries.
Sports Medicine, 1885.
8. While wearing custom foot orthotics, subjects exhibited significant enhancement in the way their foot hit the ground and they had a positive effect on their knee alignment.
 - a. Department of Exercise Science, Univ. of Mass.
9. “People with early stages of tibialis posterior tendonopathy (pain below the inner ankle and foot, with the foot appearing to collapse in) benefited from a program of orthoses wear and stretching.”
 - a. Kulig K: Physical Therapy, 2009.
10. “Recent research in patients with acute and chronic ankle instability has revealed positive effects of foot orthoses on postural control.” The implications are that foot orthotics can have a positive effect on balance and overall posture.
 - a. Richie, D JAPA, 2007