

Monthly Newsletter

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The Pain Cycle

One cycle that we come across at the office a lot is the pain cycle. There is a psychological component of pain is equally destructive as the physical side of it, and they perpetuate each other. This viscous cycle is called the pain cycle.

Simply put, the pain cycle is a perpetuating cycle that includes 5 factors that all affect each other. They include

1. The physical problems caused by injury, surgery or disease
2. Tense muscles
3. Fatigue
4. Mental stress
5. Depression

Let's make a hypothetical situation of someone who was trying to lose weight by starting a walking program. Let's call him Robbie. Robbie was amped

up to start his exercise program to lose weight. He didn't think it would be a big deal to use his old trusty sneakers.

After a week of walking intensely Robbie developed heel pain due to overuse, improper training and poor footwear. He decided it was important to stick with the weight loss plan, so he continued walking while trying to avoid putting too much pressure on his heel. The limp was putting more weight on the other leg, and after a while his knee got sore. Not that sore though! He could still stick with the program, plus he was just starting to see the pounds come off!

Finally, after another week, the heel and knee pain worsened to a point where he could not continue. Robbie was feeling

Accepting new patients

Contact Your Foot

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Oh No!!

In Sep, we had 18 patients that failed to attend their appointment!



The Pain Cycle (Cont'd from previous page)

anxious that he could not continue his exercise plan but was dedicated to start rehab to get back walking.

At home he had a bathroom reno that was half complete and there was no way he could continue with that for the foreseeable future. His wife did not like that very much which was causing more stress for Robbie (and his wife).

After going to see a professional for rehab advice, Robbie had been told he would have to take a break from exercise for a while until he started feeling better. It would also take weekly sessions of therapy to help him get better, which costs a lot for Robbie.

This is really weighing on Robbie's mental

health, and he starts to get depressed, thinking he will never lose the weight, and now he's in pain. He was not dedicated to rehab because rehab takes energy, which he did not have. Eventually he got more deconditioned from not moving, and it felt like his entire body ached.

As you can see, that is a painful downward spiral that could happen to anybody. Put in a different name and maybe a different achy joint and you might know someone who has had a similar experience. Maybe it was you.

Knowledge is power. It is important to understand these things and do your best to avoid them. If you are in a situation like this, small steps forward make things easier, and eventually you can spin this cycle upside down. The Footcare Centre can help. ♦



Custom Orthotics

Orthotics – Are they all the same?

“Custom orthotics”. When you hear that word, you might have an idea of what they are, or an opinion on how they work. Maybe you have a pair yourself. This article is going to explain why all custom orthotics should not be lumped into the same group.

Custom Orthotics (Cont'd from previous page)

There are a lot of variables that go into custom orthotics. Each of these variables can impact the outcome of the final product.

Practitioner – Custom orthotics are not controlled products. This means technically anyone can make them or dispense them. You can get them at trade shows, malls, or clinics of various types. Many of the professionals who dispense custom orthotics are not formally trained to do so.

Casting – How is the shape of the foot captured? The gold standard is a cast that is captured with the foot in subtalar neutral, non-weightbearing. The cast should be 3D. The best ways to capture these characteristics is with a laser scanner, plaster of paris, or wax cast of the feet. Again, practitioner expertise plays an important role here. Some other casting techniques performed include semi-weightbearing foam box, or “pin pad”, or a fully weightbearing pressure scanner.



Lab – Just as anyone can dispense orthotics, anyone can make them. You want to make sure your orthotics are being made at a reputable lab. A good lab accreditation is PFOA which maintains minimum lab standards. Materials can either be cheap or of high quality. The cost to manufacture would be higher and would be reflected in the final cost of the product.

Clinic Policies – Sometimes a custom orthotic prescription needs to be tweaked. Some clinics do not allow for adjustments after initial purchase. Look for a clinic that allows for a reasonable adjustment period, free of charge.

As you can see, there are many factors that go into custom orthotics. Custom orthotics can be a polarizing discussion because some people get a fantastic product that changes their life, while

Custom Orthotics (Cont'd from previous page)

others get a lousy product that can potentially make things worse. If you follow the above tips, you have a better chance of being in the former group.

You can rest assured knowing that The Footcare Centre takes custom foot orthotics very seriously. The gold standard is the only acceptable way in our opinion. ♦



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If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

The **Care**,
Professionalism and
Time that your feet
deserve

New team members

You many have noticed a few new faces around the office recently. We are pleased to welcome Lorna and Colleen to the admin team.

If you have not had to opportunity to met them, then please say hi next time you are in the office.



Would you be willing to write a Google review about your experience at your last appointment? If so, please visit:

<https://goo.gl/rrcF33>

Your feedback is highly appreciated and important to us and we look forward to reading your comments.

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