

Runners Knee

What is it ?

Runner's Knee is a general term referring to pain around the front of a runner's knee.

What causes it ?

If the pain is anteromedial in location, the source of the problem may be over-pronation. The internal rotation of the tibia associated with over-pronation, may cause the knee to fall into a functional valgus orientation during the stance phase of gait. This in turn will compromise the ligaments on the medial aspect of the knee. Furthermore, the abnormal motion will result in abnormal pressures behind the patella, leading to a more specific knee malady referred to as chondromalacia patella.

What is involved

The podiatrist will assess you and check your footwear. A cast will then be taken of your feet.

This will be sent to the laboratory where your orthotics will be made and sent back for fitting.

After fitting you will need to gradually wear in the orthotics usually over a period of 10-14 days. Occasionally adjustments may need to be made to them and in which case they will be returned to the lab.

Once comfortable they can be worn for approximately 12-18 months before requiring refurbishment. This is needed because the orthotics do wear over time and if too worn will not be of benefit.

Review appointments are recommended every 3-6 months.

Cost

Initial new patient assessment £36.50

Further biomechanical assessment from £65

Casting £30

Reviews £31.50

Protect Insurance Scheme £54.95

Custom Orthotics £250-£350

Refurbishments £50

Postage of orthotics by special delivery to lab £6.50



Podiatry Opening Hours

Monday 9.00am-7.00pm

Tuesday 9.00am-5.00pm

Thursday 9.30am-7.00pm

Friday 9.00am-4.30pm

(Botanic Rd)

Wednesday 9.00am-4.00pm

(Hesketh Bank)

CUSTOM ORTHOTICS



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What is a custom orthotic?

A custom orthotic is a device designed to align the foot and ankle into the most anatomically efficient position. They look like insoles, but are biomechanical medical appliances that are custom made to correct your specific foot imbalance. Custom orthotics work on your feet much like glasses work on your eyes - they reduce stress and strain on your body by bringing your feet back into proper alignment. The plastic body of the custom orthotic helps to re-align the foot by redirecting and reducing certain motion that takes place during the gait cycle. Custom orthotics fit into your shoes as comfortably as an insole - and they have the advantage of having been made from precise imprints of your feet.

Who needs custom orthotics?

Anyone who has the following symptoms can benefit:

- Localized foot pain
 - Bunions, hammer toes
 - Arch/heel pain
 - Leg/knee pain
- Hip or back pain - even neck pain

What can I do?

Your health care practitioner can prescribe custom orthotics to help correct your specific foot and body imbalance. You can help your Podiatrist by discussing any nagging foot, leg, or back problems, and even by simply asking if your feet could be part of the problem.

Should I wear my custom orthotics all the time?

The longer you wear your custom orthotics the more benefit you will get out of them. If your daily activities vary to the extent that you change your footwear, then you should have a second pair of custom orthotics designed for that specific activity. (I.e. going to the gym after work)

Why do my new custom orthotics feel uncomfortable?

Since the custom orthotic works to realign the structure of your foot you may feel pressure in some areas as the custom orthotic attempts to do its job. For this reason custom orthotics should be worn in gradually and slowly extend the wear time over a period of two weeks wearing in.

What kind of shoe do I need for my custom orthotic?

For the most part any shoe that has a removable insole will work with your custom orthotic. Just remove the insole that came with the shoe and replace it with the custom orthotic. Chris Lean & Associates also offers a carefully-selected line of footwear that can accommodate custom orthotics, as well as custom sandals that have your prescribed device built right in.

Ideally for maximum benefit shoes with a fastener such as laced, Velcro or buckle fastened shoes with wide and deep toe boxes (front part of shoe).

Heel height 3/4" and with removable insoles.

Trainers work well in this situation.

custom orthotics can also be made to fit heels and court shoes and specific athletic footwear such as football boots or cycling shoes.

Will my muscles get weaker wearing custom orthotics?

Custom orthotics will not reduce muscles tone. They will help position your foot so you will be using the right muscles at the right time, minimizing fatigue and allowing your muscles to be used more efficiently.

Signs and Symptoms

Chris Lean & Associates prescribe orthotics for our patients for various symptoms. Many medical conditions often stem from a biomechanical gait abnormality that can be treated with custom orthotics. Here are some common ailments related to poor foot biomechanics.

Achilles Tendonitis

What is it?

Achilles Tendonitis is an inflammation of the common tendon of the gastrocnemius and soleus muscles of the posterior compartment of the leg.

What causes it?

Patients that have equinus deformity and/or run up-hill are candidates for this disorder. As the tibia moves over the foot, the ankle joint needs to be able to dorsiflex at least 10 degrees. If this is not possible, due to tightness of the aforementioned musculature, the tissues of the tendon can be damaged. In addition it is thought that over-pronation may reduce the blood supply to the area by "wringing out" the arterial blood supply to the tendon. This is due to the twisting movement of the tendon associated with over-pronation of the foot.

Plantar Fasciitis

What is it?

Plantar fasciitis is an inflammatory condition that occurs where the plantar fascia attaches to the medial tuberosity of the calcaneus.

What causes it?

Over-pronation results in a constant tugging of the aforementioned attachment site. Inflammation then results from this constant insult to the local tissues. When the patient is off-weight bearing, scar tissue begins to repair the site of injury. When the patient resumes weight-bearing, the scar tissue is torn resulting in acute pain. This explains why patients with this disorder typically experience the most pain when they get out of bed, or stand after a period of sitting.