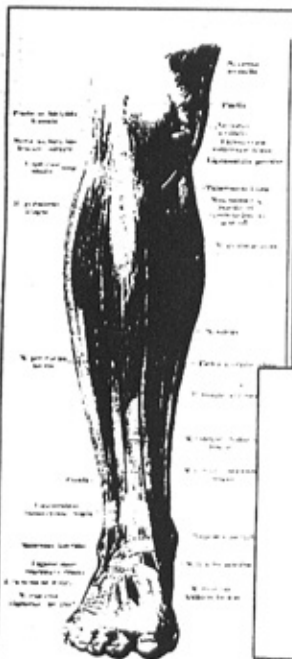


Walking and Postural Pain

Dr. George C. Trachtenberg



Y

our feet have a direct effect on other parts of the body. Because they are the foundation of the body and are attached to the leg, which is attached to the knee, which is attached to the thigh, which is attached to the hip...and so on, abnormal movement and function of the foot can actually be solely responsible for back, hip, knee and other conditions that involve joints, bones and muscles.

Most of us take 5,000 to 15,000 steps per day on each side of our body. Abnormal foot movement and function often alters the way we walk, putting stress and strain on muscles, bones and joints in other parts of the body. When this is repeated day-after-day, week-after-week, and year-after-year, this ultimately weakens muscles and joints causing pain, arthritis and increased susceptibility to injury.

How do you know if your feet are the problem? Well, if pain is aggravated during or after walking or standing, you have a pretty good idea your feet are the cause. And interestingly enough, your feet don't have to hurt for this to be the case. When abnormal foot function is treated early, serious conditions can be prevented that eventually can lead to joint replacements and other surgery. However, even if these conditions have already developed, they can often be helped and pain be

alleviated as well as prevention from further deterioration accomplished.

Generally treatment is geared toward bringing abnormal foot movement and function toward normalcy by utilizing sophisticated in-shoe orthotic devices. Treatment may also include an interdisciplinary approach by combining the walking care

with physical therapy, chiropractic care, massage therapy and/or acupuncture. The treatment program is designed specifically for the individual patient's findings and needs.

A word about orthotics is needed when this approach to care is discussed. Not all orthotics are the same, and just because these in-shoe devices can look similar, does not mean that they are similar or will do the job appropriately. Back, knee, hip and other postural problems that are caused or aggravated by walking need to use unique and specialized devices that are prescribed after the patient is assessed with video and computerized walking (gait) analysis. Only then can the appropriate assessment be made that will lead to the proper prescription orthotic and treatment. This approach to care is specialized and only a handful of practitioners in the country have the unique training and equipment available in their office to make these assessments and treatment plans.

Gait Analysis takes us to a whole different realm. Strategic camera placements view the patient from front, back, profile, full body and close-up angles. All four cameras are coordinated to run simultaneously. If something is wrong in one view, we can correlate it to the rest of the body and the rest of the posture. This allows for detailed, slow motion analysis and critical evaluation.

Along with the video, mylar pads, placed inside the shoe, feature 960 sensors which can provide thousands of pieces of information. It's like doing an EKG of the foot. In essence, it gives us a look inside the shoe while a person is actually walking. We can see what's happening based on time, force and pressure...Compare one foot to the other...Before and after treatment. Because we can look at a problem clinically, with X-ray, video and computer, we can correlate and incredible amount of information, isolate foot and related problems and formulate effective treatment methods.

To summarize, video and computer information allows abnormal foot function to be evaluated and its influence on other parts of the body are determined. The result is effective treatment of most foot and posture-related conditions without surgery. ■



Dr. Trachtenberg's practice is the first in the region to provide this type of service and over the years has seen very remarkable and reproducible results with hundreds of patients.

His office is located at 400 Plaza Drive, Suite B, Vestal, New York and can be reached for an appointment or more information at 607-798-8069

Most of us take 5,000 to 15,000 steps per day on each side of our body. Abnormal foot movement and function often alters the way we walk, putting stress and strain on muscles, bones and joints in other parts of the body.