

# TIP OF THE MONTH

Pain can be related to imbalances in your body caused by weak and/or tight muscles. There are often exercises that can help in addition to using insoles. See your physical therapist to have them create a customized exercise program for you.



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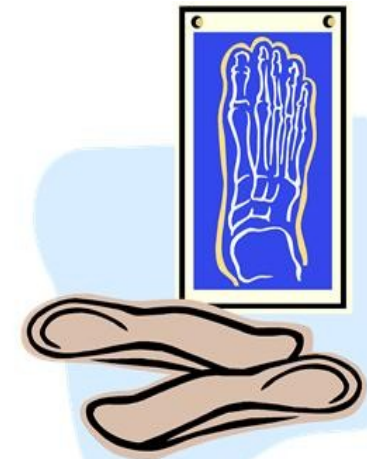


**PHYSICAL THERAPY  
ASSOCIATES OF  
SCHENECTADY, P.C.**



Arch Supports/Shoe Insoles:  
Can They Help Decrease Your Pain?

# Arch Supports/ Shoe Insoles: Can They Help Decrease Your Pain?



Presented by:



**PHYSICAL THERAPY  
ASSOCIATES OF SCHENECTADY, PC**

## Arch Supports/ Shoe Insoles: Can they help decrease your pain?

### Do you have any of the following?

- \*Plantar Fasciitis or Heel/ Arch Pain
- \*Achilles Tendonitis
- \*Flat Feet or the tendency to Pronate (feet roll inward)
- \*Iliotibial Band Syndrome
- \*Neuroma, Bunions, Hammer Toes
- \*Foot, Ankle, Knee or Lower Back Pain

### Insoles May Help:

Common complaints, such as those listed above, may be caused by poor foot function. Foot orthotics/insoles can reduce pain, provide support and shock absorption, and prevent foot deformity or keep it from getting worse. They can also provide better foot positioning, relieve pressure on a certain area of the foot by evening out weight distribution, and improve the overall biomechanical function of the foot and lower extremity by re-aligning the foot and ankle bones to their neutral position.

### Over-the-Counter Vs. Custom Orthotic:

Over-the-counter (OTC) insoles and arch supports can cost \$10 to \$40 per pair, while custom-molded orthotics may cost over \$300. Trying an OTC approach is often recommended first.<sup>1,2</sup> Studies have shown custom orthotics are not significantly better than the more cost-effective over-the-counter insoles.<sup>3</sup>

However, if foot problems persist or are severe, it is recommended you see your doctor, and a custom alternative may be better for you.

### Research Has Shown that Insoles Can Help:

OTC insoles have been shown to significantly reduce back, leg, and foot pain.<sup>1,4</sup> However, many studies have been inconclusive on whether insoles help with back pain.<sup>5</sup> There is also evidence that shows that runners with plantar fasciitis may get significant improvement of symptoms with the use of insoles,<sup>1</sup> and that foot orthoses may reduce pain and improve function from plantar fasciitis.<sup>6</sup> Insoles may also help manage patellofemoral pain syndrome.<sup>7,8</sup> In addition, insoles may help with balance, functional mobility, back, foot and hip pain in older adults.<sup>9</sup>

### Buying an Insole:

Find an insole made of a dense material (not too flexible or soft), but one that is still comfortable for you.<sup>4</sup> Here are some best-selling brands of over-the-counter orthotics to try. You can find them in your local sporting goods store or online.

- \*Superfeet
- \*Spenco
- \*Pedag
- \*Sole
- \*Powerstep



### References:

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