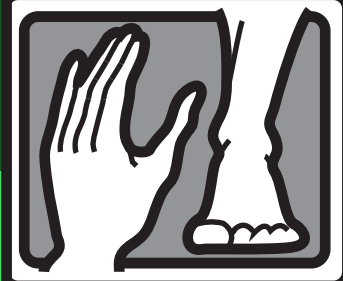


NOVEMBER 2009

TREATMENT NEWS

FROM HUMBOLDT HAND AND FOOT THERAPY, INC

1775 Harrison Ave, Eureka, CA 95501 ~ Phone (707) 441-1931 Fax (707) 441-1940



Orthotics

Foot pain can impact your life and activity in a hurry. If your feet aren't doing their job, it's hard for you to do yours. It can also be difficult to get rid of foot pain if you are unable to get off your feet and rest. Other issues like high pressure, specific activity, diabetes and structural or biomechanical problems can make becoming pain-free even more difficult. Pain often signals an underlying problem. Common problems such as various types of tendonitis, neuromas, plantar fasciitis, heel pain, calluses, pressure wounds, bunions, flat feet, shin splints, hip/low back pain and many other issues can be resolved or improved with an orthotic. An orthotic improves improper foot motion, relieves pressure and can often be very helpful in resolving pain. An orthotic can be either functional, in that it solves a mechanical problem such as excessive pronation, or accommodative to reduce pressures, shock and shear force.

Orthotics are helpful in the following ways:

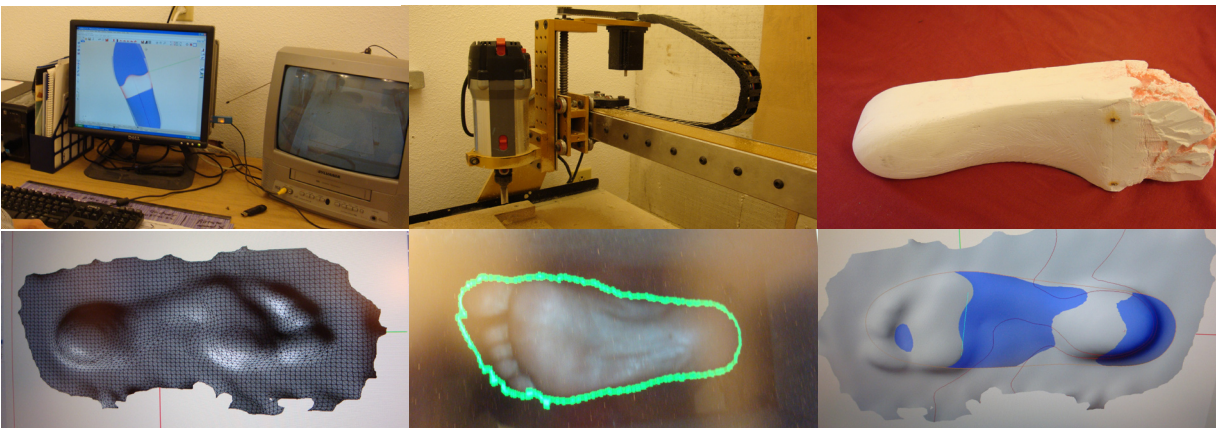
- Reduce unwanted pressure and distribute forces evenly throughout the foot
- Help absorb shock during walking or running
- Correct biomechanical imbalances
- Resolve pain
- Improve mechanics during gait
- Improve comfort
- Protect against sores and infection



Custom Orthotics

Custom foot orthotics are fabricated for Humboldt Hand and Foot Therapy by Foot Therapy Orthotics. The orthotic lab is a full service lab with state of the art equipment. The foot can be casted or scanned and orthotics provided within two days (scanning captures a highly accurate 3-D image of the foot with +/- .5mm margin of error). Modifications or adjustments are speedy as well, often a two day turnaround.

Custom foot orthotics or inserts can relieve pain by controlling how your foot moves. An orthotic reduces the speed of pronation or flattening of the foot. It also limits the swing of your heel so that your heel strikes the ground in the correct position. During midstance, the orthoses lift your arch so that the ankle and heel can obtain better alignment.



Humboldt Hand and Foot Therapy specializing in the care of the hand, upper extremity, foot and ankle.

Services Offered:

- Evaluation
- Rehabilitation
- Custom splint
- Custom orthotics
- Personal Training
- Pilates exercise classes
- Balance programs

Frequently Seen Diagnoses:

- Tendon and nerve lacerations
- Fractures
- Arthritis
- Cumulative Trauma
- Crush Injuries
- Amputation
- Tendon transfers
- Joint replacements
- Fusions
- Balance training
- Conditioning
- Strengthening
- Rotator cuff injury
- Frozen shoulder
- Plantar fasciitis
- Tendonitis of the ankle

Treatment May Include:

- Home programs
- Range of Motion
- Strengthening
- Clinical modalities
- Myofascial massage
- Edema control
- Scar remodeling
- Kinesio Taping
- Desensitization

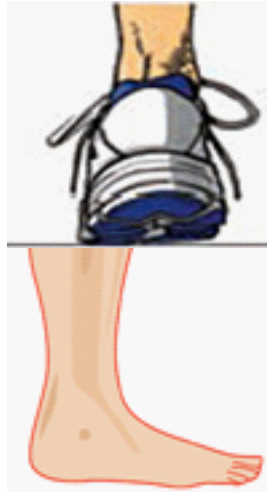
For more information or to make a referral, please call: (707) 441-1931

Normal Gait

When you take a step and your heel first touches the ground, it does so on the outer edge and your foot flattens to absorb heel strike.



At midstance, your heel is in neutral and under your ankle, in a full weight-bearing position, and your arch drops.



As your heel lifts, you regain your arch, your foot stiffens to allow push-off and your heel pressure is a bit on the inside.



When your foot does not move properly through the gait cycle, specific structures can be put under too much strain and pain or injury can result. An orthotic can help to solve this problem. The following issues can be treated with orthotics:

- | | | | | |
|-------------------------------|--------------------|---|------------|-------------------|
| *Heel or arch pain | *Callus | *Toeing-in or toeing-out | *Flat feet | *Morton's neuroma |
| *Pain at the ball of the foot | *Joint pain | *Leg length inequality | *Deformity | *Bunions |
| *Knee/hip/lowback pain | *Loss of sensation | *Wounds that are slow to heal in the foot | | |

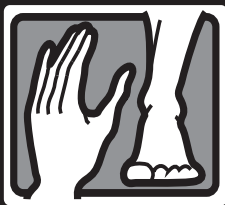
Orthotic Basics

Accommodative: These orthotics accommodate foot deformities, sore spots and relieve pressure. They are made from softer materials such as EVA, foam, cork and leather that cushions your foot but offers little control.

Functional: Made from more sturdy materials that tend to be harder such as graphite or plastics, this type of orthotic's job is to control unwanted foot motions. The more flexible materials will also absorb shock to reduce strain. Even hard orthotics can be topped with soft material to provide some cushion and comfort.

Over the Counter (OTC) Orthotics

Our OTC orthotics are made to fit common foot types at a competitive price. They can be effectively used as a temporary solution for children who are rapidly growing or as a 'first' step for any age to provide relief before receiving a more corrective support with a custom-made foot orthotic. OTC orthotics generally do not last as long as the custom orthotics.



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