

Good Feet, Sore Feet, Bad Feet, Flat Feet

Centennial —This month I wanted to revisit another set of basic posture instructions that all new patients get grooved in on. That is with regard to the shoes. There are two features of shoes that throw off your structure. *First is the heel height.* The shoe should have an ideal thickness of heel to toe ratio. A typical cowboy boot has about the perfect ratio. So believe it or not, as we enter summer weather, flip flops are TERRIBLE for your posture! They are so flat in the heel that they offer no support to your spine. Heel height will give a slight lift in the buttocks area and this helps prevent you from slumping. In the office, I do the "push test" from behind to see if the shoes make you waver or slump even more. Flip flops definitely lose out on this test!

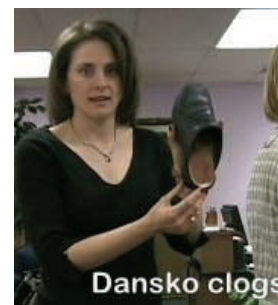


On the other side of the coin, high heels are equally bad if not worse. Many women probably adapt to regular use of high heels. However, regular use of high heels while getting adjusted with the protocol I use will flat-out cause a failed case. Continual use of high heels while under this protocol has led to some nasty neck pain. You would think heels would lead to low back pain. But wearing the heels would re-set their mechanics and cause neck pain to such a degree that they discontinued care. It's so important that if a person

won't agree to stop regular wearing of high heels in the initial 8 weeks of their care, then I advise them to not start up with my protocol because it will be a waste of their money and time.



The second feature about shoes is the arch support. People who start getting adjusted with my protocol remove the insoles from their shoes as well as orthotic supports. The insoles or orthotics, commonly purchased at places like "Good Feet" stores, force you back into the mechanics that you were in when the mold of your feet was made. So for people who aren't getting adjusted, it may be a good handling for stabilizing pain. However, if you're getting adjusted with this protocol, the insoles or orthotics will throw your mechanics off, usually causing a bit of a slump that I'm actually trying to fix at your adjustments. Similarly, shoes like Birkenstocks and Danskos have a permanent arch support that acts just like an orthotic to throw off your structure.



If you're considering trying this protocol, please save yourself the expense of orthotic supports (usually \$400-800) until you've begun my care. Routinely, people abandon the orthotics after their first adjustment and RARELY resume using them. And like the lady in this month's success story, the foot pain that the orthotics were prescribed for, often times resolves or at least becomes minimal by realigning your

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spinal and foot structure.

In fact, before resorting to surgery for neuromas or cortisone for heel pain, I recommend people try my initial plan of care if they are having foot pain. I can recall 2 patients with foot pain/numbness who didn't respond to this protocol and its complementary recommendations. But many, many more HAVE responded favorably, though. And in the absence of diabetes or statin drugs, most people have a favorable outcome.



***Yours in health,
Dr. Erica***

For shoes that need a replacement insole, choose a pair without "bumps or lumps" under the arch or the balls of the feet. I carry insoles for \$15 and will trim them to fit your shoes properly and test you before you leave for stability.

Current patients: Don't forget to check your **golf, hiking** or **softball** shoes for molded insoles! It could make all of the difference in how you feel at the end of your activity!