ARCH CORRECTIVE THERAPY

WHAT IS ARCH CORRECTIVE THERAPY?

Arch Corrective Therapy strengthens muscles to give you a higher arch if you have flat feet or a more flexible arch if you have a high arch. We typically lose our arch height by standing incorrectly or walking on flat surfaces. Our feet are designed to grab onto different types of surfaces which strengthens the muscles of our feet and ankles, which maintain our arches. Arch height can also be lost from injuries to the back, hip, knee, ankle and foot which causes us to limp. When we compensate due to injury, our body will change our gait, the way we walk, to avoid an increase in pain and to maintain stability. We typically walk toed-out to increase our balance, but this does not use all of the phases of our gait pattern and increases the shock and demand on the joints of our lower extremity.

Therapy can last from 15-30 minutes depending on stage of care, type of gait, and severity of pain level. Arch corrective exercises should be done when you buy new shoes or if you have orthotics to create a smooth and painless transition.

COMMON QUESTIONS

Do I need arch therapy if I have orthotics?

Absolutely, if you have orthotics then you should have been given a series of exercises. Orthotics are a guide on how to walk correctly, but corrective exercises show you how.

Why are my orthotics painful?

Orthotics can be painful if they are made incorrectly or if proper gait education and exercises were not explained to patient. Arch corrective therapy is necessary for all orthotic users, that’s why you need them.

WHAT OUR PATIENTS HAVE TO SAY:

“I have had several pairs of orthotics and never been able to where them. I did not know I was walking incorrectly and orthotics could make my symptoms worse.” LJ, MVP patient since 2014

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