

# BACK TALK



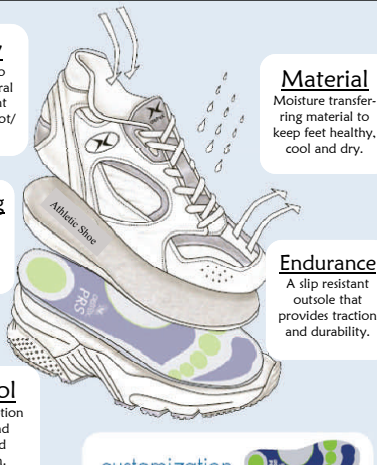
## ARE YOU WEARING THE RIGHT SHOES?

Shoes are not created equal! Each person's feet are different, therefore, you have to find a shoe that gives you proper support, flexibility, and comfort in one shoe. Generally speaking, all feet fall into one of three categories and require different shoes.

- 1) **Neutral-arched feet.** Your feet aren't overly arched nor are they overly flat. A neutral foot type needs a shoe that has some stability and some cushioning.
- 2) **Low-arched or flat feet "Over-Pronator".** Low arches or flat feet may cause muscle stress and joint problems in your feet and knees because your feet don't support your body as well. Your feet are happiest in a shoe that controls the amount and rate your arch collapses. Motion control shoes are the best to help stabilize your feet.
- 3) **High-arched feet.** High arches can result in excessive strain on joints and muscles, as your feet may not absorb shock as well. Look for a cushioning shoe to compensate for your lack of natural shock absorption.

If you are still not sure about your foot type, dip your foot in water and step on a piece of cardboard or cement. Examine your footprint. If you can see most of your footprint, like a blob, you probably have low arches. If you see very little of your footprint, you likely have high arches. You can also look to your old shoes for clues to the shape of your foot. Bring your old walking shoes with you when you shop for a new pair — most shoe professionals can guide you to the proper shoe based on the wear of your old shoes.

Improperly fitting shoes are the source of many problems. Next time you shop for athletic shoes, look for a shoe that is made for your arch type and use the following tips to help you find the best fit.



The diagram shows a cross-section of an athletic shoe with various internal features labeled. A "Stability" section points to a high-density area in the midsole. A "Material" section points to a moisture-transferring mesh in the upper. A "Cushioning" section points to a shock-absorbing layer in the heel. An "Endurance" section points to a slip-resistant outsole. A "Control" section points to a motion-control element in the midsole. The word "Athletic Shoe" is written on the side of the shoe. At the bottom, the word "customization" is written next to a small graphic of a shoe.

- ⇒ Measure both feet, because your foot size can change. Stand up while your foot is being measured and fit shoes to the larger foot.
- ⇒ Try on both shoes and walk in them before you buy them. They should feel comfortable right away!
- ⇒ Your heel should fit snugly (not tight) in both shoes and shouldn't slip as you walk.
- ⇒ **Always** buy your shoes based on fit, comfort & support instead of looks!
- ⇒ Shop for shoes later in the day when your feet are at their largest.
- ⇒ Between your longest toe and the end of the shoe you should have at least a half-inch and be able to wiggle your toes.
- ⇒ Replace your shoes after 300 to 500 miles to prevent injury. Even if your shoes are still comfortable, they might not be providing enough support or shock absorption.
- ⇒ Flat laces are less likely to loosen or come untied than round laces.

### Patient Success Stories:

"When I first walked through the door at Sport & Spine, I could hardly move. I couldn't move my legs up or even lean against the wall without being in severe pain. I used to hurt getting in and out of vehicles and now I can do it with very little pain. With the help of Sport & Spine, I feel better than I have felt in 7 months. I just don't know where I would be today if I hadn't gone to Sport & Spine."  
- N.S.

"I learned a great deal about how to manage my back and lumbar area so as not to repeat my injury. I am pain-free and more confident regarding how to prevent any future back injury. Thanks!"  
- D.C.

## Exercise of the Month — Superman

### Muscles Targeted: Low Back

1. To begin, lie face down on the floor. Your arms should be fully extended in front of you. (Step 1)
2. Simultaneously raise your arms, and legs off of the floor, think about reaching your toes and finger tips in opposite directions. Hold this contraction for 2 seconds. Remember to exhale during this movement.  
**Note:** When holding the contracted position, you should look like Superman when he is flying. (Step 2)
3. Slowly lower your arms and legs down to the starting position while inhaling.
4. Repeat 12-15 times.

Step 1



Step 2



### On-line Newsletter

Send your e-mail address to [prmarketing@sportnspine.com](mailto:prmarketing@sportnspine.com) to have the Sport & Spine newsletter delivered directly to your email inbox!

### Sport & Spine Clinic on Cotter Campus

- Available to all K-12 students, as well as Cotter and WACS faculty.
- Located in the John Nett Fitness Center
- Appointments available 3:00-5:00.
- Physical Therapist– Dennis McEntaffer

Become a fan of Sport & Spine Physical Therapy on Facebook!



### SMART **SNOW** shoveling

- 1) The secret is in the shovel. Look for a shovel that fits your height, strength and has a curved handle. A curved handle is ideal because the scoop is lower, therefore you won't have to bend down as far.
- 2) Warm-up! Shoveling snow is exercise. By warming up you will get the joints moving and increase blood circulation to prevent straining your muscles.
- 3) Push, don't throw! Push the snow to one side and avoid throwing. If you must throw, lift with your legs and avoid twisting and turning. Position yourself to throw straight at the snow pile.
- 4) Watch for ice: Coarse sand, ice salt, ice melt, or kitty litter can help give you traction where you walk and drive, reducing the chance of a slip or fall.
- 5) Don't let snow pile up: Removing small amounts of snow on a frequent basis is less strenuous in the long run.
- 6) Wear proper footwear: Shoes and boots with solid treads on the soles can help to minimize the risk of slips and falls.
- 7) Know when to say when! Pay attention to your body's signals, take breaks as you need them.

Sport & Spine Physical Therapy of Winona, Inc.  
350 East Sarnia  
Winona, MN 55987  
(507) 474-6900  
[www.sportnspine.com](http://www.sportnspine.com)  
Visit us on Facebook!