



# Breakthrough Podiatry

## A revolution in foot care

Newsletter October 2007

**Is it the Shoes!** Mandy a 45 year-old salesperson presented to Breakthrough Podiatry complaining that she was having problems with feet. She stated, "I am on my feet for long hours everyday calling on clients and working at trade shows. I try to wear good shoes, but I keep buying new shoes again and again looking for something that can help me. What makes a good shoe?"

Mandy's complaints are regularly heard at Breakthrough Podiatry. Most patients don't know what makes a good shoe, athletic or otherwise. Often problems are the feet themselves, and can be defeated with the use of custom foot orthoses! But, because orthoses must work inside a shoe, the way a shoe functions is vitally important as well.

Fortunately for Mandy, and other Breakthrough Podiatry patients, Dr. Williams was able to offer an innovative way to evaluate shoes to gauge function before purchase! Not all shoes are created equally! For a foot to function effectively, it needs to roll as the heel strikes the ground, the ankle joint must continue to move forward while the foot is flat, and finally the toe joints must bend. Many outdated shoes block motion at these areas. To be liberated from pain follow the guidelines set below!

### 3 Step Shoe Test

- 1) Test for Torsional Rigidity
- 2) Test for Heel Counter Rigidity
- 3) Test for Flexion Stability

**Dr. Bruce Williams specializes in**

**Shoe Evaluations**

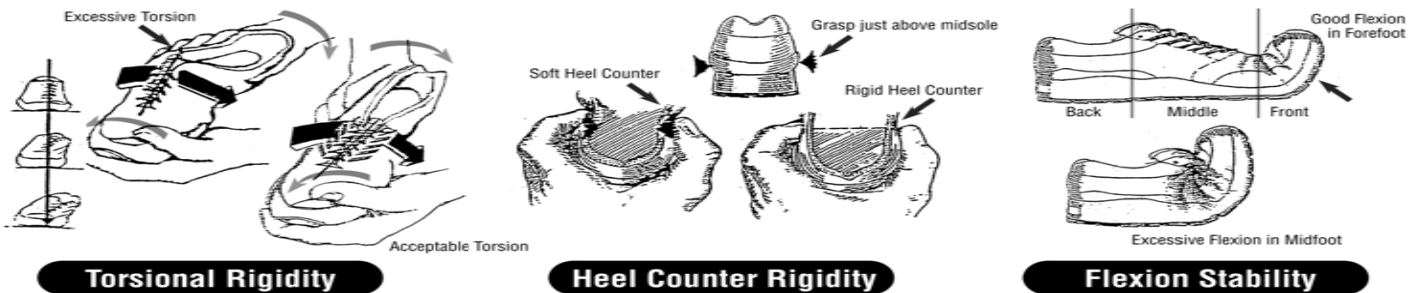
**and other podiatric disorders.**

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### How to Determine Motion Control/Anti-Pronation with 3 Easy Tests



Visualize shoe in thirds. Front one-third should easily flex at the toe. The remaining two-thirds (middle and back) should not flex or twist to qualify as a moderate to excellent motion control/anti-pronation shoe. *Illustration by Mark T. Reeves, DPM*

Lead by Bruce Williams, Doctor of Podiatric Medicine, Breakthrough Podiatry challenges convention to deliver outstanding results, reduce failed podiatric therapies, and improve foot health. The majority of Breakthrough Podiatry patients overcome pain in 5 treatment visits or less.

[www.Breakthroughpodiatry.com](http://www.Breakthroughpodiatry.com)