Research Confirms Effectiveness of Functional Orthotics

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Study 1 – Custom-Made Orthotics as an Adjunct to Chiropractic Care: The Patient’s Perspective

William Austin, DC; Dennis Nosco, PhD; John Allen, PhD

Introduction
The goal of this study was to determine (1) what percentage of patients considered orthotics an effective adjunct to Chiropractic care and/or were satisfied with their functional orthotics, and (2) if patient satisfaction varied with demographic category.

Results
Five hundred twenty-seven (527) questionnaires were received from 59 Chiropractors. Responders had worn orthotics for 2.6 months, 8.6 hours/day and indicated it took 4.4 days to become accustomed to their orthotics:

- 92.5% indicated satisfaction with their orthotics
- 88.5% indicated their orthotics were a good adjunct to their Chiropractic care
- 55% said they were more active with their orthotics
- 88% indicated they would recommend orthotics to a friend

Conclusion
These results clearly indicate that most responders felt that orthotics were an important, effective part of their Chiropractic care and that they felt the orthotics helped their pre-existing conditions.
Study 2 – The Effectiveness of Custom Orthotics at Reducing Injuries in a College Football Team

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Introduction
The goal of this study was to see if orthotics would have an effect on the injury rate for a college football team using the previous year's injury rate as the control.

Results
Injuries in the lower body decreased from 148 in 2004 to 126 in 2005. Specifically, the number of injuries from year 2004 to 2005 lowered in a number of areas:

- Knee - 29 to 20
- Lumbar spine - 14 to 7
- Foot, ankle and lower leg - small decrease
- Toes and patellar injuries - small decrease

There was a small increase in injuries in the hip and thigh. All player groups (except wide receivers) reported above a neutral satisfaction level with their orthotics, although standard deviations and ranges were large for most groups.

Conclusion
Custom-made functional orthotics appear to have a positive effect on the lower body of college football players. The orthotics also survived being worn throughout the college football season.

References