

Orthotics and your back

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Orthotics can indirectly help with back pain and discomfort by promoting proper alignment and reducing stress on the spine. Here's how orthotics can contribute to back pain relief:

Alignment and Posture: **Orthotics** can help align the feet, ankles, and lower limbs, which can have a positive impact on overall body posture.

When the feet are properly supported and aligned, it can improve the alignment of the entire kinetic chain, including the hips, spine, and shoulders. This alignment can help reduce excessive stress and strain on the back, potentially relieving pain and discomfort.

Shock Absorption: **Orthotics** with shock-absorbing properties can help absorb and disperse impact forces that occur during walking, running, or other weight-bearing activities. By cushioning the feet and reducing the shock transmitted to the rest of the body, including the spine, orthotics can minimize the risk of jarring and potentially alleviate back pain.



Foot Pronation: Excessive foot pronation (inward rolling of the feet) can cause imbalances in the body, affecting the alignment and function of the legs, pelvis, and spine. **Orthotics** can help correct overpronation by providing support and stability to the arches, leading to improved foot mechanics and more optimal alignment throughout the body.

Weight Distribution: **Orthotics** can help distribute body weight more evenly across the feet, reducing localized pressure points and minimizing

the strain on specific areas of the back. This can be especially beneficial for individuals with conditions such as herniated discs or degenerative disc disease, where proper weight distribution can alleviate pressure on affected spinal structures.

Functional Stability: Orthotics can provide additional stability to the feet and ankles, which can positively influence overall body stability and balance. Enhanced stability can help reduce the risk of falls or awkward movements that may lead to back injuries.

It's important to note that while orthotics can be beneficial for some individuals with back pain, they may not be the sole solution. Back pain can have various underlying causes, and a comprehensive approach that includes a thorough evaluation, exercise, physical therapy, and lifestyle modifications may be necessary. It's advisable to consult with a healthcare professional, such as a podiatrist, orthopedic specialist, or chiropractor, who can evaluate your specific condition and provide appropriate recommendations for orthotics or other treatments that best address your back pain concerns.