



## 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

- 1 Walter JH Jr, Ng G, Stoltz JJ. A patient satisfaction survey on prescription custom-molded foot orthoses. J Am Podiatr Med Assoc 2004; 94(4):363-367.
- 2 MacLean CL, Hamill J: Short and long-term influence of a custom foot orthotic intervention on lower extremity dynamics in injured runners. Annual ISB Meeting, Cleveland, September 2005.

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