

Health News

PLANTAR FASCIITIS

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Orthotics for all Athletes who suffer from Plantar Fasciitis and other foot issues

Plantar fasciitis is one of the most common maladies affecting runners. Since the plantar fascia is underside of the foot and is very extended covering about 3/4 of the underside of the foot it is prone to sprains or tears anywhere along the tissue. Since no shoe or insert has been able to effectively address this issue, orthotics expert Michael Kendall, (who I was happy to interview) recognized that runners required an insert that allows the entirety of the fascia to be supported while minimally effecting shoe fit and providing state of the art shock attenuation.

Michael Kendall has over 30 years of foot dynamics research and expertise. Personally, I know runners who suffer from ankle, plantar, and other foot issues that cause pain when running. I was concerned about these issues and did some research and found Michael Kendall. I have actually tried the gelthotic myself and love them. I find them to be very comfortable in comparison to other orthotics. The gelthotic gives great support and provides a cushioning system, which helps with shock and friction while running.

After interviewing Michael Kendall, he discussed his solution for using the GelThotic®. The GelThotic has been patented as a “First Ray Extension” which is fundamentally focused on curing plantar fasciitis. The low arched foot is often made worse by firm inserts because research has shown that after a couple of weeks when the foam is compacted, the hard plastic is exposed and can contribute to greater inflammation. The GelThotic is made from medical grade Silicone, which not

only provides more support than a conventional orthotic, however does it with softness and reduction of friction and shear forces, which Silicone naturally does better than any other material. Higher contours of support keep the fascia more immobilized and held in a shorter state thus allowing healing. If the contours aren't high enough, the foot can't heal.

New insert especially designed to address sports foot injuries in children.

As more young kids take up sports, there is a growing incidence of foot injuries. Much of it is connected to the fact that while children have the same individual needs as adults, their feet tend to be more flexible, which means that arches aren't yet fully capable of withstanding prolonged pressure. This is especially true for the transverse arches (usually defined as the bridge of the foot), which is so important for development that as the decades go by, foot experts believe it may be as important as any of the four major arches of the foot. Without the appropriate support in children's feet, ground forces can increase the risk of musculoskeletal wear or damage.

The GelThotic is made from SupportXGel, a modified ultra-soft long-life silicone gel that helps control pronation with stability through every phase of the gait cycle and provides one of the highest levels of shock reduction ever tested.

The GelThotic takes a three-phase approach to foot pain.

Phase I—the cut-out design utilizes a perimeter cradling technique to simultaneously provide maximum



shock absorption while keeping the heel low to increase stability and support without changing shoe fit.

Phase 2—the product creates an arch support made from the highest grade one hundred-percent pure medical silicone so it forms to the shape of the arch.

Phase 3—the product's biomechanical design redistributes pressure and shock across the forefoot without altering the fit of the shoe.

The GelThotic even takes a unique approach to its insertion in the shoe. It has a cobra-like design with contours that protect and pad only the parts of the foot prone to pain – arch, heel and forefoot. It slips under the existing shoe insole so it is highly effective in any running or cross training shoes, and is lightweight and washable. I like the idea you never have to replace them like superfeet or other name brand orthotics on the market.

There are just five size ranges make it convenient for both men's and women's shoes. A style for children's shoes is in production. Suggested retail price is \$59.99. They are available on line by visiting: kendallgelthotics.com and can be ordered on-line and for our magazine readers, get an additional discount for reading our magazine. Promo code is connection. ■

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