



*MyoRehab*

# The Power of Posture Control Insoles

By Victoria L Magown



**L**isa, age 65, had polio at age 7. Since then, she has experienced weakness and pain in the right side of her body. She limped due to the right sided weakness and pain in her hip, thigh and knee and frequently used a cane to walk since she didn't trust her right side and feared she might fall. Her stride was shorter on the right when she walked.

She had ongoing right buttock, hip and thigh pain extending from the groin area over the anterior (front) thigh to the medial (inside) knee. She also had pain from the lateral (outside) mid-thigh to the lateral knee. When she sat in a chair, she would frequently rub her lateral thigh/knee to try to alleviate the pain. The right hip would frequently “catch”; (cramp) and she would have to traction it to obtain relief.

Lisa was evaluated with Morton's Foot Structure (*Short first/Long second metatarsal—the foot bone behind your toe*). We provided her with 9.0 Posture Control Insoles which allowed her to stand and walk more erect. No longer did she feel her knees “caving” into the midline. She actually felt more stable with the right lower extremity supporting her more appropriately.



The Posture Control Insoles come in different heights—3.5, 6.0 and 9.0. The small elevation is placed under the distal metatarsal head (knuckle) of the first metatarsal/toe to take the weight off the second distal metatarsal head. Then the foot can “toe off” correctly with the weight on the first and fifth distal heads of the metatarsals.

People suffering with bunions, almost always have Morton's Foot Structure and can be helped with Myofascial Trigger Point Therapy and Posture Control Insoles.

Since Lisa had had multiple treatments on all the core and lower body muscles, we focused on treating the fascia around the knee, beginning at the lateral aspect and noticed a scar there. Lisa told us a story of how she was playing with her grandmother's carving knife when she was a young girl. She hid it behind her back, and when her grandmother demanded she hand it back to her, she swung it forward and sliced the lateral knee. When we treated that scar, it referred up to her mid-thigh, and Lisa

exclaimed “That's my knee pain that I'm always rubbing when I sit in a chair!” When the scar released, the pain on the lateral knee and thigh was gone.

As we proceeded to treat the fascia on the inferiolateral knee, we were surprised at the thickness of the fascia extending across the entire knee inferior to the patella. It felt like an extremely thick piece of leather. When questioned, Lisa had a memory of when she was in 2nd grade, in Catholic school. Sister Agnes (her 2nd grade teacher) used to punish her for talking in class by having her walk on her knees around the perimeter of the classroom until her parents could get off work to pick her up at school. Lisa said she talked a lot in class and frequently was punished this way.

As we continued to treat the fascia incrementally, slowly, a key significant event happened midway as the patellar tendon was palpated. A dime-sized fascia adhesion was “tacked down” onto the patellar tendon. As the adhesion was treated, it referred strongly to the medial and central thigh and into the groin region. Lisa hollered “That's the pain and weakness in my leg!”

After releasing the adhesion over the patellar tendon, she got off the table, not realizing (until after the fact) that she had stepped down with her right leg first...it felt strong! And she didn't think twice about it. Lisa excitedly tried balancing on her right leg...stable. Next, she did single leg squats on the right leg...no weakness! She marched with high knees. She squatted deeply...no pain. She walked across the room, pivoting separately on each foot, and she had no weakness or pain.

Yes, we were able to finally release the fascia adhesions around Lisa's knee which were contributing to the weakness and pain in the right knee, thigh, groin and hip. At MyoRehab, we know exactly how to release scar tissue and fascia adhesions using the most recent research and treatment techniques. However, the reason the weakness and pain have not returned to Lisa is due to the Posture Control Insoles which keep her walking appropriately; in correct alignment.

**Do you have hip, thigh, knee, foot or bunion pain? Call MyoRehab at 505-872-3100 and make an appointment now. We will evaluate you for Morton's Foot Structure and fit you with Posture Control Insoles. Conveniently located at 4263 Montgomery NE, #200, Albuquerque, NM 87109.**