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Subject: : Paflyfish General Forum

Topic: : Insoles in wading boots - what is everyone using?

Re: Insoles in wading boots - what is everyone using?

Author: : PatrickC

Date: : 2012/6/18 21:51:05

URL:

You are correct, a total contact medial arch in an orthotic for a person with an high arch is the worst thing you can do for them. Because of your high arch, you are already supinating (the opposite of pronating). When you build the arch too high...it just makes that process even worse. Although high arch foot types do benefit from an orthotic for many conditions, I do more adjustments to the arches in them than I do for flatfoot patients.

You can just Google "lateral heel wedge" and it will give you several purchase options. I would start with 1/8" wedges. Most people do not need 1/4" wedges.

The reason I will never be one of those financially wealthy doctors, Pat, is because I am more interested in getting a thorough history from folks, doing a thorough exam, and then helping people understand their pathology. When patients understand what they have, they are much more compliant with treatment, and ultimately get better quicker with less cost to the health care system. Unfortunately, that takes time and we don't get paid for that kind of time. We get paid by either performing procedures or running you through the office like cattle. I do a lot of procedures because I'm a surgeon, but I refuse to rush patients through the office. I will get out of medicine before I do that. Oh yea...I just happen to be married to an engineer that supports my practice of medicine habit 😊