

Problems With Stretching

Classic Wall Stretch – difficulties include technique, consistency, and compliance.

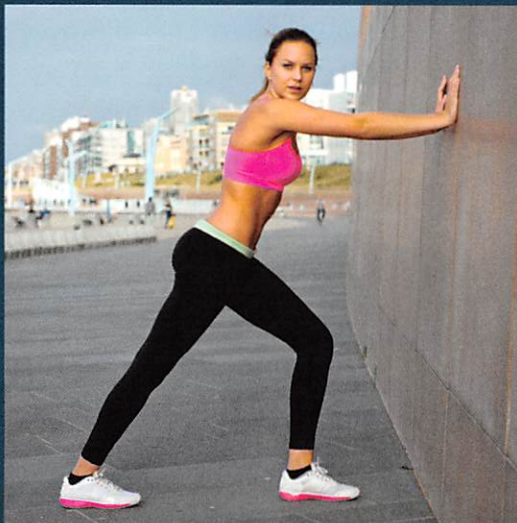
Technical Difficulties

- Back heel must stay on the ground
- Back knee must stay fully extended
- Body weight should be forward
- Back should remain straight
- Foot must be supinated (arch raised and heel turned inward)

Consistency

Most literature shows that the time needed to stretch is 30 to 60 mins. per leg every day for at least 8 to 12 weeks.

**DUE TO COMPLICATIONS LISTED,
WE DO NOT RECOMMEND MANUAL
STRETCHING**



The Equinus Brace

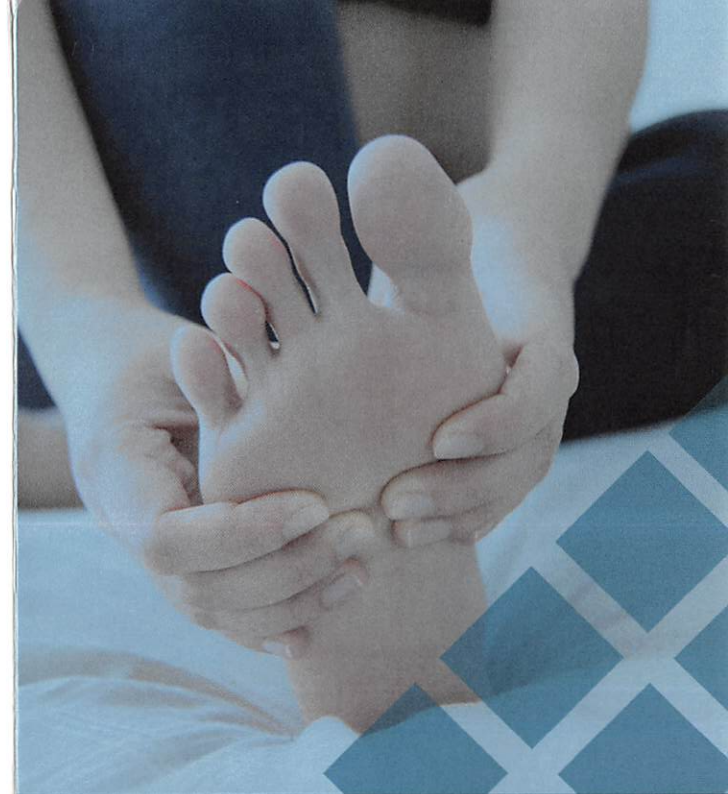


Your doctor gave you The Equinus Brace because it properly positions your foot & ankle and extends above your knee, providing an optimal stretch.

Note – Avoid wasting time with braces that do not extend above the knee or correctly position the foot & ankle, commonly known as "night splints."

Keys to Success

- Always extend above the knee unless otherwise directed by your physician
- Always use toe wedge under your big toe unless otherwise directed by your physician
- Use 2 braces for 1 hr. per day (1 on each side) or use 1 brace for 2 hrs. per day (1 hr. per side)
- Allow 8 to 12 weeks for full stretch, consult with physician on treatment plan



What's Causing Your Pain?



Educational Brochure

Are you suffering from any of the following painful conditions?

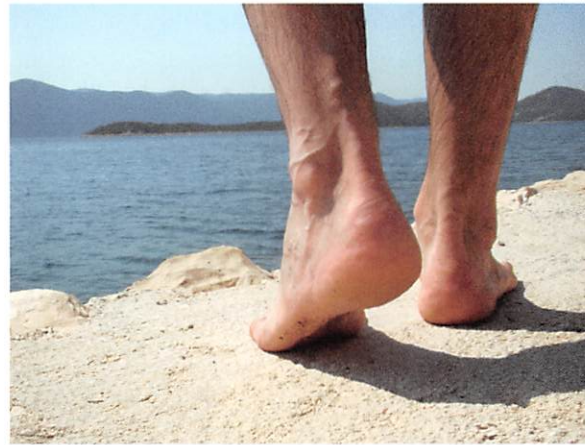
- Plantar Fasciitis (heel pain)
- Achilles Tendonitis or Tendinosis
- Shin Splints
- Flat Feet
- Hammer Toes
- Neuroma
- Bunion
- Diabetic Foot Ulcers
- Calluses
- Stress Fractures
- Arch Pain
- Lower Back Pain

If you are suffering from any of the above conditions, it is likely that you also have a condition known as **EQUINUS DEFORMITY**, which could very well be associated with your pain!

What is EQUINUS DEFORMITY???

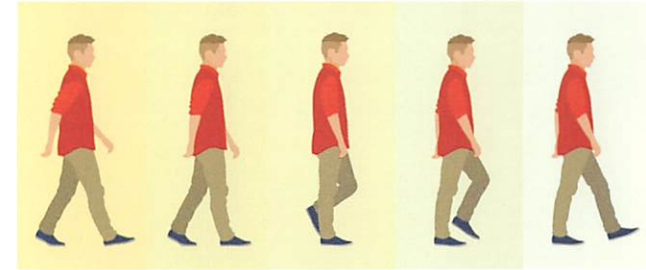
Equinus is a term used to describe abnormally tight calf muscles. This is associated with so many problems because it directly affects the range of motion in your ankle joint.

Equinus is very common and has been reported to occur in up to 96.5% of patients with a foot pathology. Equinus has been directly linked to over 30 different leg, ankle and foot conditions in peer reviewed published articles. Equinus has been called "the root of all foot evils" for good reason.



There are several reasons equinus is so common. Causes include: the anatomy of the calf muscle, walking upright on two legs, reduced flexibility with aging, reduced activity levels that maximally stretch our calf muscle, and genetics.

1 Hill, Russell S. "Ankle equinus. Prevalence and linkage to common foot pathology." Journal of the American Podiatric Medical Association 85.6 (1995): 295-300.



The normal gait cycle (step) requires the ankle to dorsiflex (bend upwards) 10° to move your body from behind your foot, over the top of your foot and finally forward past your foot. If your calf muscle is tight, it does not allow the normal 10° of required motion. However, because of momentum your body will still move over your foot and forward, requiring compensation. This compensation occurs above the ankle and within the foot. Many conditions associated with equinus occur because the main form of compensation within the foot is a downward flexing of the arch. This flattening of the arch is "the root of all foot evils."

HOW TO FIX IT

Stretching is the ideal solution. If done correctly, surgery is not necessary. There are several different prescribed lengths of time and methods used to stretch your calf muscles (shown on back). Just remember that stretching is the key to a successful, long term recovery.

If stretching is not successful, the last resort is surgery. Common procedures utilized are an achilles tendon lengthening and gastroc recession (calf muscle lengthening). Both surgeries have the same goal of increasing your ankle's range of motion. However, this brochure is focused on avoiding surgery!