

Polio Health and Wellness Retreat - 12/10/18
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Foot Facts:

- 26 Bones, 33 Joints, 130 Ligaments, 20 Intrinsic muscles, 20 External muscles in one foot!
- Up to 30x body weight passes through feet
- 1 in 5 Australians have foot pain at any one time
- A person will walk around 128,000km in a lifetime

Feet are the founders of posture, walking (gait) and alignment

The body needs to deal with itself - Compensation is a complex process of: Assessing, Adjusting, Predicting and Changing... All to avoid pain!

Muscles are protectors!:

- Muscles protect Joints
 - If a joint is not moving properly, it needs protection
- If a muscle is too busy protecting...
 - ... it can't function properly!

Polio and Feet:

- Muscle atrophy - Muscle imbalances - affects symmetry and posture
- Changes in muscle tissue affects foot function - causes rigid joints and osteoarthritis
- Effects in Post Polio
 - Muscles are inhibited
 - Joints are unable to be protected
 - Function is reduced
 - Body fails to avoid pain - unable to compensate effectively
- Increased falls risk

How can a podiatrist help?

- Function - improve muscle and joint function
 - Massage, mobilise, stretch, strengthen
- Structure - to stabilise and maintain good function
 - Orthotics, Footwear advice (e.g. rocker sole), bracing (AFO), padding
- Maintenance
 - Routine nail care, pressure calluses, neurovascular assessments

What can you do at home?

- Foot mobility - tennis ball exercise
- Strengthening the feet - Foot conditioning and strengthening hand out
- Maintain mobility!