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Article

Sensomotorische Einlagenversorgung – was ist daran neu, was ist alt bekannt?



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Fuß & Sprunggelenk 03/2010; 8(1). DOI: 10.1016/j.fuspru.2009.12.013

ABSTRACT Sensomotoric shoe inserts shall influence active stabilisation of the foot by pressure onto the proprioceptors. The principle of this supply is not to give any pressure on the muscle belly of short foot muscles to give space for contraction.

The indication to insert therapy in paediatric flat feet was put up in case of significant muscular weakness, significant weakness of connective tissue, in case of complains and in persistence of flat feet longer than kindergarten age in spite of enough physical activity.

Results

In the years 2003 to 2008 over all 2153 children were supplied with sensomotoric shoe inserts.

A half year later parents described in 59 percent a return of gait to normal with more dynamics, more endurance and less irregularities, 26 percent mentioned no change and 14 percent reported about positive feedback from their environment.

Remarkable many parents found their children asking for the inserts not wanting to walk around without. In case of pre-treated children all parents mentioned an increasingly better insert tolerance and effect of correction.

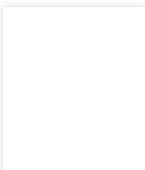
Conclusion

Sensomotoric shoe inserts principally is a new treatment concept, which allows a physiological unrolling motion of the foot and herewith supports the active training of foot muscles. The weakening effect of classic inserts wasn't seen in our series. The acceptance of these inserts was markedly good in comparison to the classic ones. From our point of view the sensomotoric insert can be recommended without restriction.

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