

## Orthotics

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Friday, 01 January 2010

Over pronating can cause effects throughout the whole body. Heel pain, foot pain or flat feet could result in knee pain; hip and lower back pain, shin splints, and ankle pain. The way in which the human form functions depends upon biomechanical correctness of the foot. If impaired, this could lead to the previously mentioned complaints, of which 75% of us will have to endure foot pain at some stage. On average, a person will endure 4 journeys around the globe, over 175,000 Km's and an impacting 6 plus kilometres every day during a persons stint on earth. Considering this, one should acknowledge the need for better footwear to be worn. The problem associated with over pronation of the feet can be alleviated by using shoe inserts, insoles or technically called, orthotic. By arming yourself with the Docpods unique and specialized range of Orthotics a type of orthaheel, the body's innate biomechanical stance can be maintained and concerns of foot pain, leg pain, hip pain and lower back pain can put to rest.