



## CASE STUDY- *For more details contact Nick Dinsdale as above.*

<b>Name of Patient:</b>	Female
<b>Age:</b>	44 years old
<b>Occupation / Sport:</b>	Remedial Therapist – Competition Orienteering
<b>Level of Activity:</b>	2-3 times weekly
<b>Condition:</b>	Problems associated with left ankle

### BEFORE fitting orthotics – Sept. 2005



**Symptoms reported by patient:**

The patient often suffers from a dull ache at the front and inner of the left ankle. Pain radiates upwards inner part of shin. Inability to push off when running

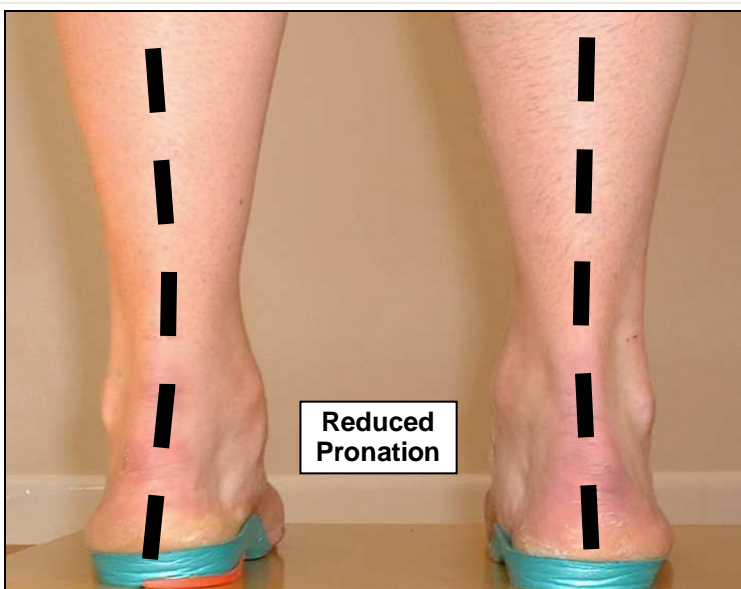
**Biomechanical aetiology:**

A major cause or contributing factor is bilateral excessive subtalar joint pronation (this is when the feet roll inwards). This adversely affects the biomechanics of the lower limbs and position of the pelvis. The legs internally rotate too much.

**Examination findings:**

- Lunge test (L) = 70mm, (R) = 85mm
- Slight external rotation of left thigh
- Excessive Pronation:  
 Left ~ 9 deg. Right ~ 5 deg.

### AFTER fitting Vasyli custom soft orthotics – Sept. 2005



**Agreed Treatment Plan:**

Custom soft ¾ length orthotics were fitted as a short-term measure, thereby improving the biomechanics of the lower limb and de-stressing the ankle. This was achieved by reducing excess pronation of the subtalar joint and controlling internal rotation of the legs.

**Home Rehabilitation Plan:**

- Manual therapy, massage and mobilisation of pelvic muscles.
- Massage, STR of the calf muscles.
- Stretching of calf complex muscles.

**PATIENT 'FEED-BACK'**

*To be completed at a later date*