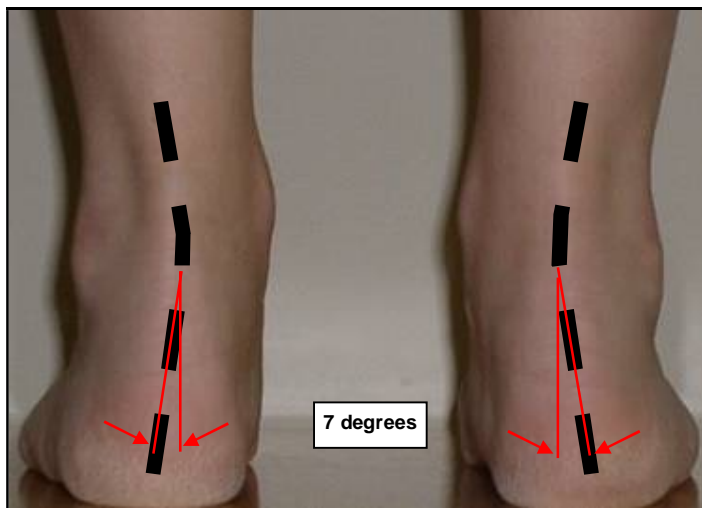


Name of Patient:	Female
Age:	32 years old
Sport / Occupation:	Professional Careers Advisor
Level of Activity:	Day to day activities
Condition:	Lumbo – Sacral pain (lower back) accompanied by general lower limb fatigue

BEFORE fitting orthotics



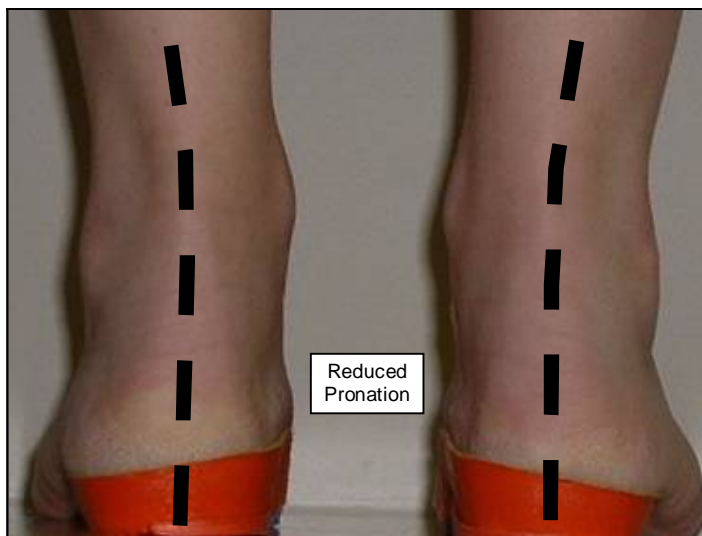
Symptoms:

The patient often suffers from a dull ache and stiffness in the lumbar - sacral / pelvic region.

Biomechanical aetiology:

A major cause or contributing factor can be unilateral and/or bilateral excessive subtalar joint pronation (this is when the feet roll inwards). This condition adversely affects the biomechanics of the lower limbs and creates excessive pelvic motion / muscle imbalance. Abnormal postural changes occur, often accompanied by muscular tightness in the lower back and buttocks.

AFTER fitting custom pre-fabricated orthotics



Agreed Treatment Plan:

Pre-fabricated orthotics fitted to reduce excessive subtalar pronation, thereby improve the biomechanics of the lower limb. The reduction in pronation reduces abnormal pelvic motion and stresses placed on the lumbosacral and pelvic structures.

Additional treatment: - Manual therapy includes massage and mobilisation.

Exercises: - specific stretching and strengthening exercises of affected muscles. Conditioning and strengthening of the core muscles are normally advised.

PATIENT 'FEED-BACK'

"Since introducing the orthotics, my back condition has improved dramatically, with minimal pain and stiffness. I now wear my orthotics at all times."