

The Arch Support Mystery

If you have frequented the “foot care” section of your local store recently, you probably noticed that arch supports are being advertised everywhere. In fact, its hard to find a foot product that doesn't have some new “state of art” gel arch support or some high tech plastic that looks as though it may launch you into space. While most of these colorful gimmicks serve absolutely no value what so ever to the product they're trying to sell you, there is a role for arch supports in the treatment of many conditions. Most people buy arch supports to relieve heel pain and while a simple cushion may help the condition temporarily, a simple gel pad in the heel won't help most heel pain. The fundamental principle in supporting the arch is to keep the heel and foot from over collapsing inward (pronation) thus preventing the over stressing of structures on the bottom of the heel. Most of your over the counter products won't do this. In fact most flatten out like a pancake upon any pressure applied.

Here's my advice before you spend your hard earned money on an overpriced piece of plastic. Find out what your problem is and what kind of foot you have. Did you know that heel pain could be caused by one of over 50 different foot conditions? Arch supports do a lot of good things, but one arch support is NOT made for everyone. See your foot and ankle specialist for a thorough biomechanical exam. You and your wallet will be glad you did.