

INJURIES COMMON TO HORSE PEOPLE

OOOOOHHH! Those Aching Feet!

By Michele Altemus
PT, OCS

Foot, knee, hip and back pain are no strangers to an athlete, but most

athletes have specially designed shoes to absorb shock and control poor foot mechanics. Equestrian shoes typically are for fashion. Comfort is usually not in the fore-front,

especially in the hunter/jumper industry where riders are on their feet 10-12 hours a day wearing boots that offer little shock absorbency or control of the foot.

Anne Kursinski, four-time Olympian and two-time Team Silver Medalist, came to me about a year ago with chronic knee pain. I prescribed EquestrianFit orthotics for her and they worked so well, she became a 'spokesperson' for the product.

"I have periodically suffered from pain in my feet and knees since I was a little girl," Anne was quoted as saying. "Several doctors suggested I try store-bought orthotics which provided some aid, but did not offer the complete pain relief that I have experienced since Michele Altemus fitted me with EquestrianFit orthotics."

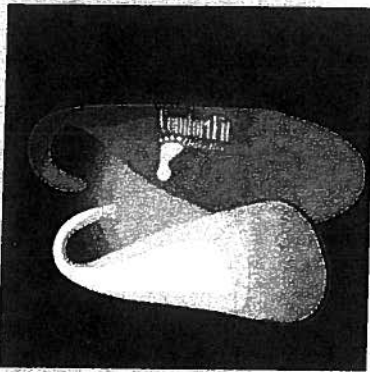
Few people have perfect feet, — 'perfect' meaning in a balanced position (neutral) with the ability to both roll-in for shock absorbency and roll-out for control. Rolling-in is termed pronation and rolling-out is termed supination. Pronation and supination are the most common terms used to



Michele Altemus is a board certified orthopedic specialist in physical therapy. Send questions to michaltemus@worldnet.att.net. Visit her website at www.equestrianpt.com.

describe foot dysfunction. People who pronate usually have problems with shin splints, plantar fasciitis, and bone spurs. If one foot pronates more than

Holiday Gift Idea!



Orthotics make great gifts — especially for trainers, grooms, and students! Gift certificates are available for evaluations, treatments, bodywork and orthotics. Please contact Michele at 443.831.0326. She will be based out of Wellington, Florida, starting mid-November. Gift certificates can be mailed and credit cards are accepted.

Photo courtesy of Equestrianfit Orthotics

James Lala

SHOW STABLE, INC.



NEW LOCATION

Palm Beach Polo Show Barn

Located on Pierson Road & Southshore, Wellington, Fla

- Large Sand & Grass Riding Areas
- Open Water Jump
- Inground Liverpool
- Quality Horses for Sale

Baby Green to Grand Prix

561-790-1412

CELL 561-371-3962



Photo by O'Neill's



DISCOUNT VET SUPPLY

10333 Southern Blvd.
Royal Palm Beach, FL
Corner Southern Blvd. & SR7/US441
in K-Mart Shopping Center
OPEN 7 Days

& Tack

Strongid C
25 lbs.
\$41.97



Animalintex® \$4.95
Poultice Pad (8" x 16")

8 qt Pail \$2.99
20 qt Flatside Bucket \$5.99

the other the hips become stressed. I have cured many one-sided riders by just putting the foot in its proper position. Gripping at the knee is a typical sign. Jumping with an unsupported pronated foot can cause increased stress to the knee, hip and back. Riders may also develop pain at the ankle. Imbalance at the foot and ankle can pinch nerves that course around the ankle and the foot. Supination causes the opposite problem. The supinated foot absorbs less shock and can lead to plantar fasciitis, stress fractures, pain in the foot bones, and Achilles' tendonitis. The foot will have difficulty meeting the stirrup near the big toe and the foot will have to compensate or twist. Flat or high arches cause problems as well. A flat arch needs to be supported to allow the foot more rigid control and a high arch needs support for shock absorbency.

The purpose of EquestrianFit orthotics is to place the foot in a balanced position. Most custom made orthotics do not fit in dress shoes, tall riding boots, or paddock shoes because the orthotics cause the heel to sit too high in the shoe. Equestrian-Fit orthotics are slim so that they fit in the boot or shoe without having to

increase shoe sizes. A custom mold is taken of each foot and an orthotic is made from the mold. Variations to the orthotics include a shock absorbing cover, heel lifts, and individual accommodations that are needed. A velcro strip is added to the bottom of the orthotics to secure the orthotics in the boots or shoes.

The difference between Equestrian-Fit orthotics and store bought orthotics is that the EquestrianFit orthotics are custom made to each foot. Some people have feet that are two different sizes or one foot supinates and the other foot pronates. The orthotics must fit each foot individually to maximize therapeutic benefits. Once the foot is balanced and supported correctly the rest of the leg, back and body can do its job. Low back and knee pain are common conditions when the feet are unbalanced. No one should walk around with pain in the feet. The feet are the first thing that hit the ground and are vital to the proper functioning of the lower body.

The orthotics last approximately one-and-a-half to three years. Feet do change over time and it is highly recommended that each person return to a specialist to be re-evaluated.

Orthotics are for all ages. The foot typically stops growing in males at the age of 18 and in females at age 16. However, orthotics are appropriate as early as five years of age (even younger). Obviously, the orthotics will be outgrown but may help the foot develop into a balanced foot. The orthotics take about two weeks for delivery.

Anne Kursinski, four-time jumping Olympian, wears Equestrianfit Orthotics.

Photo by Charles Mann



QUIZ

continued from page 18

front foot and his right hind foot follows his right front foot in a direct straight line.

- True
- False

54. What is the most basic of all lateral schooling figures on one track?

55. What is a volte?

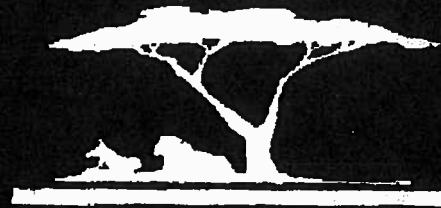
56. What are the two important eye points when riding a figure eight?

57. What is the difference between a serpentine and a broken line?

58. What is the term for a rider changing direction, turning to the inside of the ring or circle?

59. What is the term for a rider changing direction, turning to the outside of the ring or circle?

Answers To Carl Bessette Equitation Quiz, Page 50.



LION SHARE FARM

Offers For Sale

1. 10-y.o., BWP G. Recently imported. So far winner Open Jumper at Gold Cup, 2nd Monmouth Grand Prix.

2. 8-y.o. Holsteiner G. Great character, beautiful model, simple classical ride. Starting Grand Prix. 1st Springtree Grand Prix this Sept. Perfect Jr./A-O.

3. 11-y.o. Grey G. Big brave and experienced lots of scope great teacher has done high A/O at Palm Beach. Owner off to college

4. Top Large Jr./A-O, 10-y.o., flashy chestnut, Dutch G. Top 3 in hack at any show. Beautiful jumper, Easy-Easy and forgiving - reasonable.

5. Adult Hunter, 8-y.o., brown Russian G. Good jumper, always nice, hack ribbon, sweet and simple. Champion at Catskills. Owner must sell.

6. 4-y.o. prospect by Ommen. Impressive jump, big stride, started showing.

7. Large Pony Hunter, 14-y.o. G. Many Tri-colors at top shows. Kind and rideable. 1st and 2nd Pony Medal at Pony Finals with different riders.

203-869-4649

**Peter Leone
Brian Walker**