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## THE PROPRIOCEPTIVE ORTHOPEDIC INSOLE

The proprioceptive or postural orthopedic insole is an active system of postural rehabilitation.

This orthosis works in a completely different way from the anatomical orthopaedic insole

While the anatomical orthopedic insole sustains the anatomical structures of the foot, relieving the painful areas and re-establishing the right breech axis, the proprioceptive one activates the mechanoreceptors situated on the insole activating the postural chains.

Making an example: in case of a pelvis rotation due to a valgus foot, the insole doesn't sustain the feet but, thanks to a breech stimulus specifically placed on the insole it activates the kinetic muscular chain assigned to the postural rehabilitation.

Under the feet there are many postural receptors that, if properly stimulated, can activate the kinetic chains. The stimulation is provided by a material of thickness of max 2 mm placed under the breech receptor that we want to activate.

Such a stimulation can't be done in a standard way, it must be done through a careful postural analysis of the person: the orthopedic technician must analyse the complete posture (back, lower limbs) of the person, not only the feet. The must important thing is consider the proper functioning of all the postural components:

vestibule, eye, skin, masticatory, respiratory and visceral systems.

The quality and the technical features of the materials used to make the orthopedic insole are decisive for its efficacy and durability.

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