

CASE STUDY

LEG LENGTH DISCREPANCY

A 47 year old male engineer working in construction, travelling between the office and job sites, looking for relief of chronic hip and right knee pain.

MEDICAL HISTORY

- Confirmed leg length discrepancy
- Right hip surgery 7 years ago with known use of orthoses
- Physically demanding job requires him to be active and on his feet for 10+ hours
- Mixed footwear of steel toe boots and dress/casual shoes
- Location and onset of pain: worse in his right hip and knee exasperated with prolonged standing and walking

GAIT ANALYSIS

- Lack of pronation in right foot during mid-stance.
- Excessive lateral heel strike with notable wear on the outsole of shoes
- Vaulting with left leg
- Notable external rotation of knee and hip

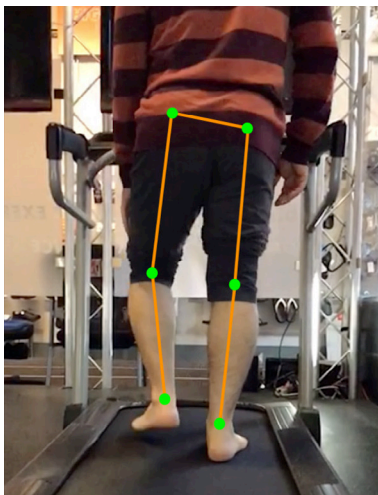


Fig 1. Gait analysis

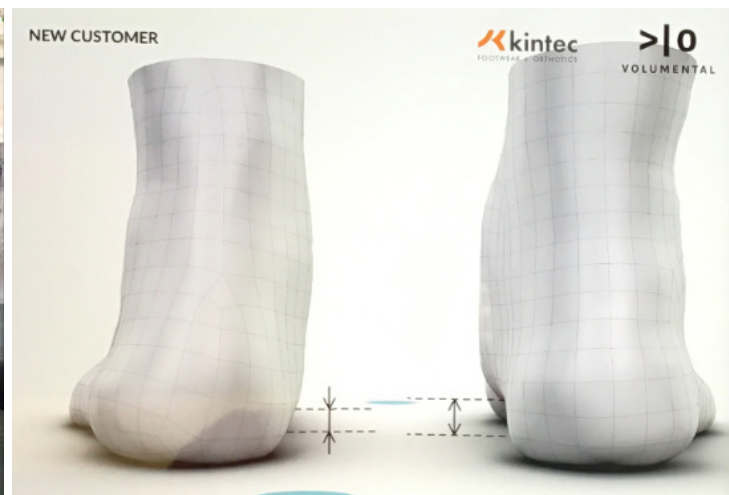


Fig 2. Our fit system allows us to get exact difference in weight bearing arch height

TREATMENT PLAN

- Custom orthotics with a heel lift to fit inside steel-toe boots
- Shoe modification in the form of a full-length EVA lift for casual shoes to provide functional hip alignment without the additional bulk
- Over the counter knee brace options

4-WEEK FOLLOW UP

- Pain management has improved and can work throughout the day
- Orthotics felt comfortable inside his work boots with great arch support and less fatigue
- Interested in other forms of in-home or casual footwear options for shoe modification

8-WEEK FOLLOW UP

- Requested another shoe modification for his casual shoes used for daily activity
- Hip and knee pain is still present but less than when first started with orthotics
- Monitor daily activities emphasizing massage, stretching, and physiotherapy may also be recommended if the pain remains consistent or has not further decreased.

All pedorthic appointments are handled by our on-site pedorthists with extensive anatomy and biomechanical knowledge. Each case is treated with the patient's comfort and safety in mind as recommendations are given accordingly.

A comprehensive treatment plan may include custom orthotics, heel lifts, and shoe modifications, to name a few. Follow-up appointments ensure the services provided at Kintec evolves along with the patients' ever-changing lifestyles.

Patients can see a Pedorthist by booking a custom orthotics appointment at kintec.net/booknow