



ORTHOTICS

HOW'S YOUR FOUNDATION?

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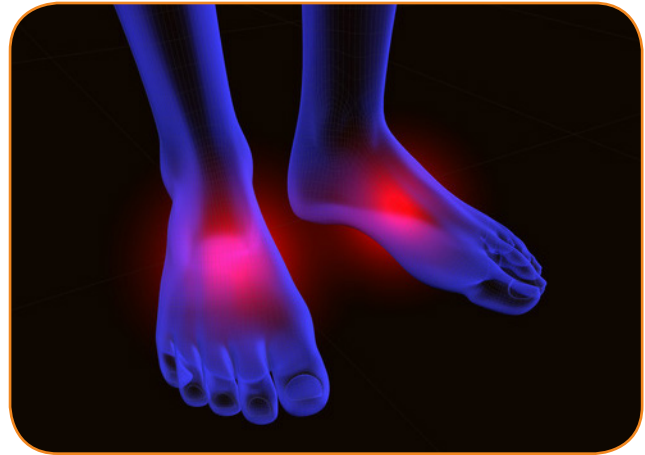
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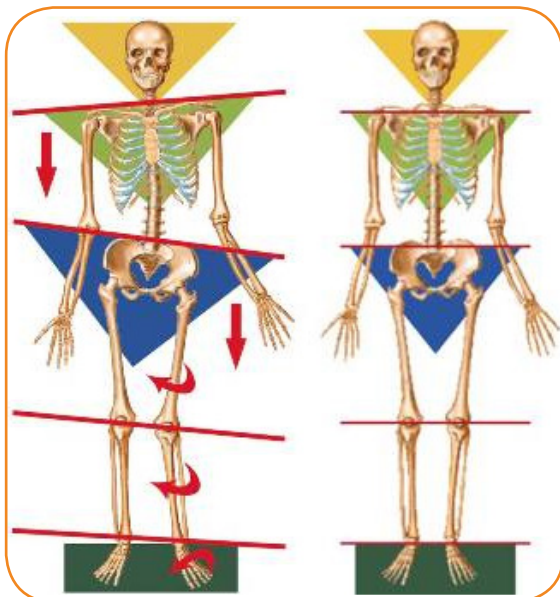
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INTRODUCTION

Millions of Americans suffer from pain in the back, legs, knees, and joints. Searching for relief, they often treat issues that contribute to the problem, but not the root cause. If you experience pain, you've probably heard weight loss, exercise, or even surgery can help. Unfortunately, this may not be the path to long-term results!



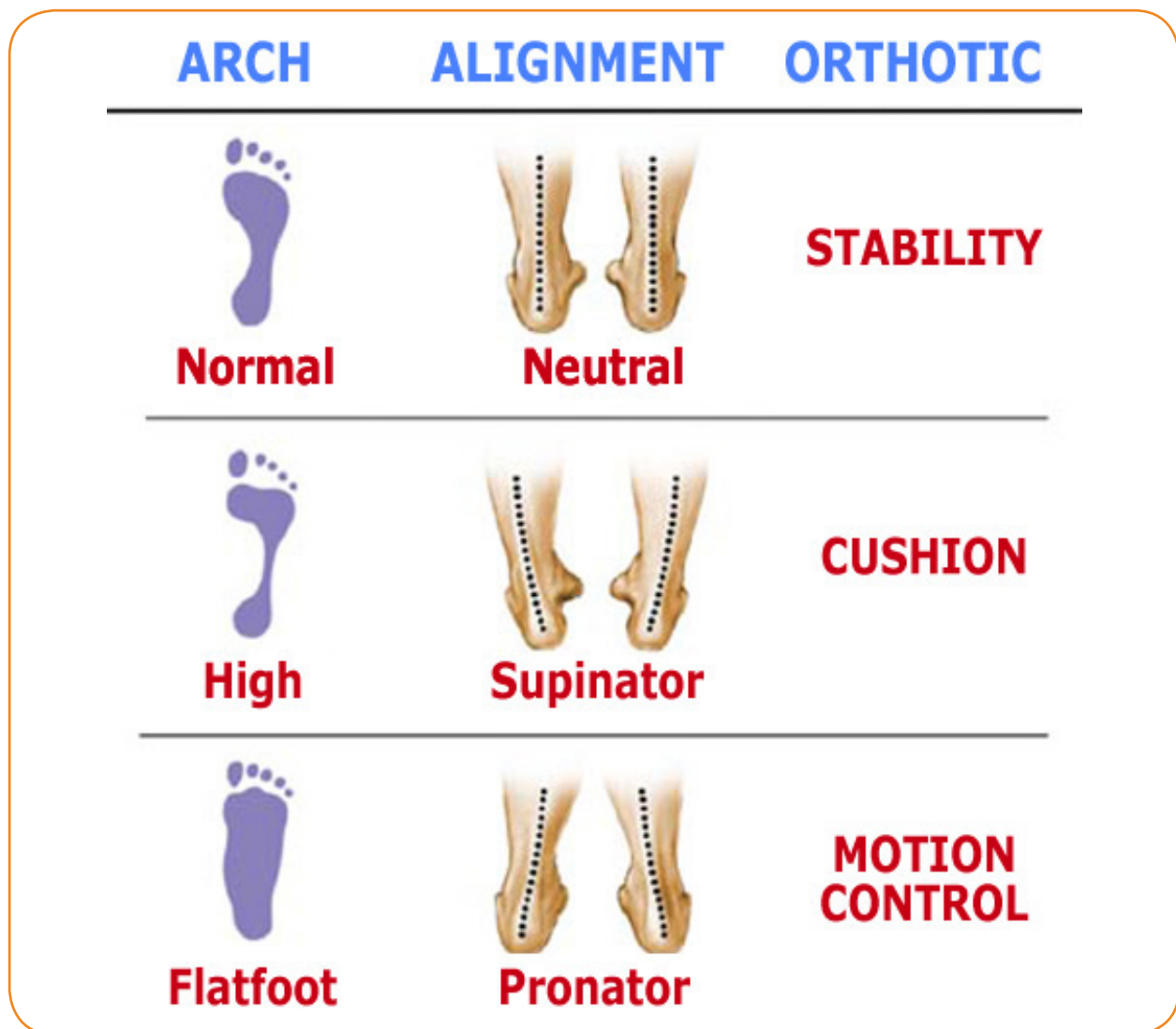
Every bone and muscle in the body must work together to manage your weight as you move, sit, stand, and perform tasks. This begins at the feet, the foundation of your body. Issues with your feet affect your gait – the mechanics of your stride – and this is felt throughout your body: in your knees, back, neck, and elsewhere. For example, a car with improper wheel alignment will wear out the tires and shocks and deteriorate the car's performance.



One of the most powerful ways to address persistent discomfort as well as chronic injury is to use shoe orthotics. This is the science of employing devices like splints, braces and foot levelers to enhance the biomechanics of your body. By providing ideal balance, an appropriate device can reduce or eliminate pain and prevent injury.

SCIENTIFIC AND CLINICAL RESEARCH

Orthotics are a proven solution benefiting people of all backgrounds. When chronic pain has no clear explanation, orthotics from a qualified physician should top the list of treatment options. They represent a non-invasive, drug-free intervention that can provide immediate results.



CUSTOM ORTHOTICS

Dozens of studies show the effect of orthotics.

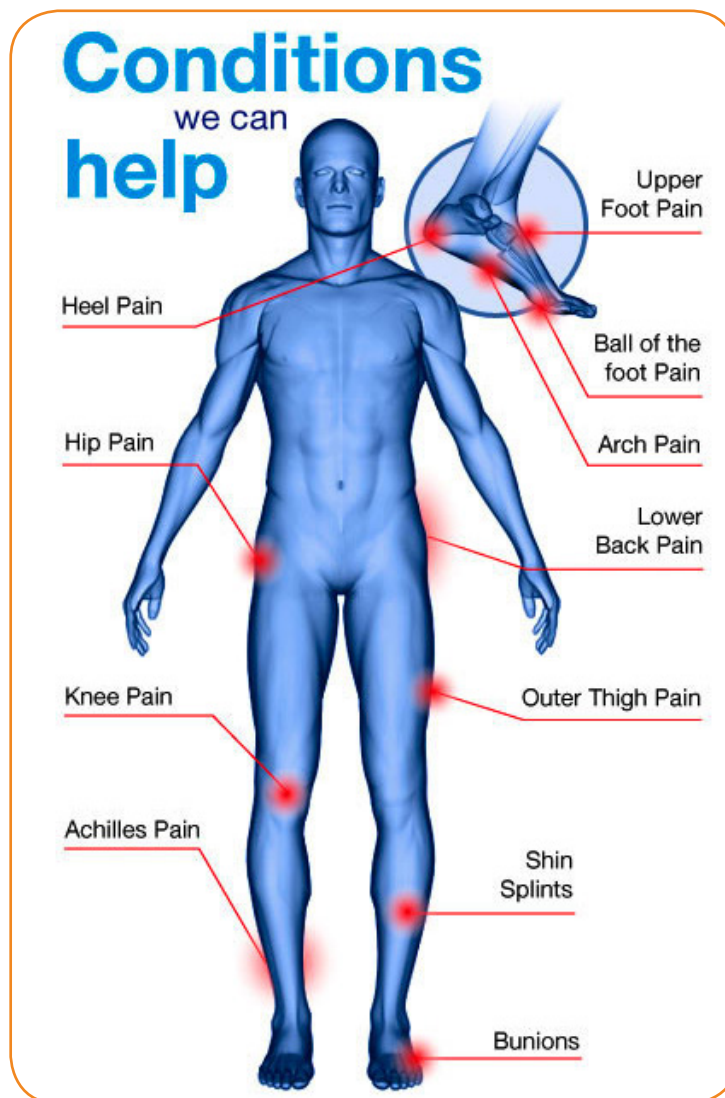
Highlights include:

- Improvement in low back pain was seen in 6 weeks of treatment and maintained at 12 weeks.
- 100% of “standing” workers age 21 to 50+ reduced pain levels after just 10 days with orthotic inserts.
- Orthotics can be combined with regular chiropractic adjustments to improve pain relief.
- Custom orthotics reduce pain and potentially curb injury across a number of sports.
- Custom orthotics are categorized as “durable medical equipment.” They are available in several styles for different types of shoes (sandals, sneakers, dress shoes, etc.) and made specifically for daily wear. Custom orthotics are long lasting and their sustained effectiveness makes them a worthwhile investment in your long-term wellbeing.



AILMENTS AFFECTED BY ORTHOTICS

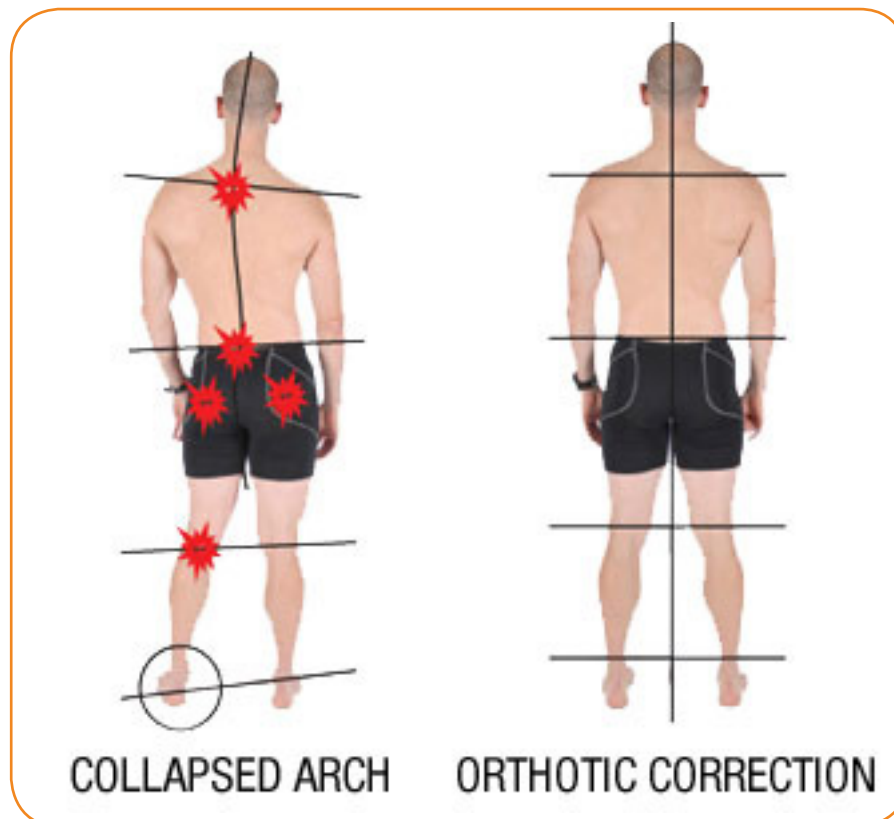
Virtually any musculoskeletal issue that could be traced to deficiencies in balance can be treated with orthotics. Sometimes, these problems can be corrected with continued use of appropriate devices. In other cases, orthotics contribute measurably to a patient's ability to manage chronic conditions and maintain independence.



LOWER BACK PAIN

Lower back pain is a major public health concern. According to an analysis from the American Chiropractic Association, it impacts about 31 million Americans at any given time. The Lancet, a respected publication for physicians, reported it as the #1 cause of global disability in 2010. Unfortunately, back problems are difficult to diagnose precisely.

Orthotics have been shown to have a significant effect on lower back pain. In a groundbreaking pilot study, patients across a spectrum of ages achieved maximum relief within just six weeks of using orthotics! Relief continued when participants were evaluated at 12 weeks. Other natural interventions could be combined to enhance pain reduction.



NECK PAIN

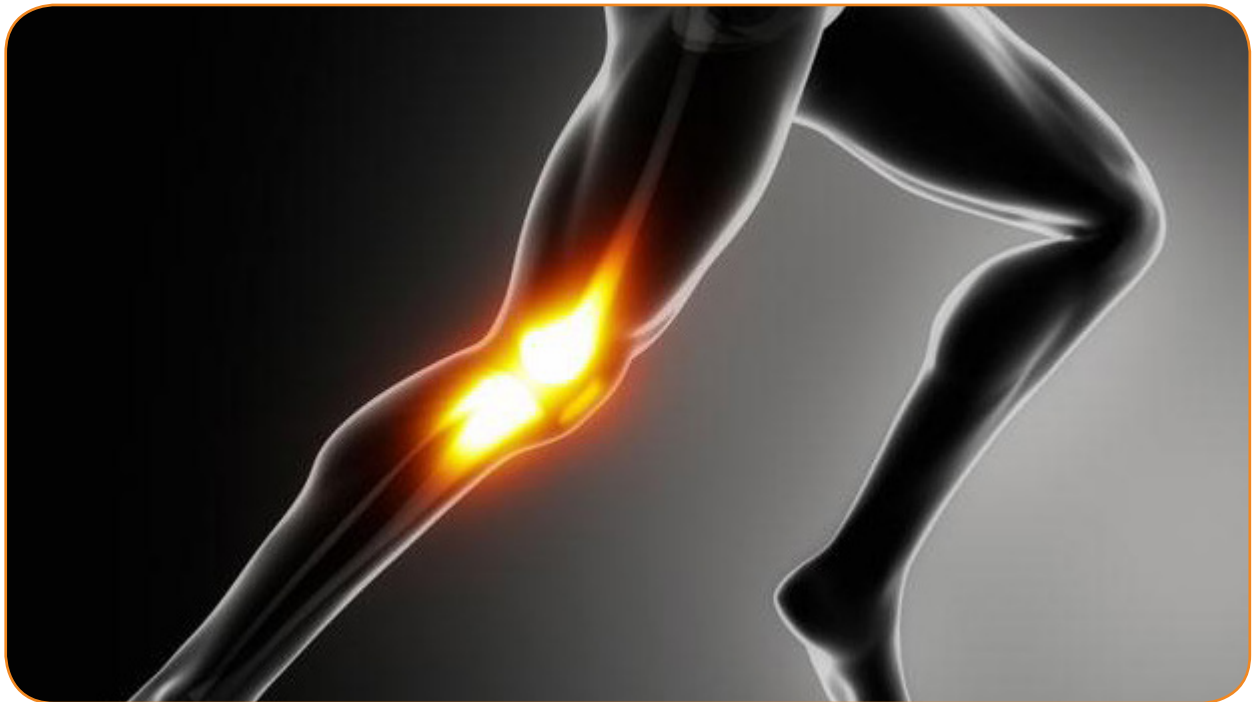
Neck pain is typically linked to poor posture, a serious problem in a society where tens of millions work in an office setting. About 20% of Americans now work from home, but they are no less likely to encounter factors that might worsen neck pain: Posture is just one contributor, with tension and underlying conditions also in play.

Orthotic foot levelers improve a patient's ability to stand, sit, and walk in the way that is ideal for the body. They can improve range of motion over time, which affects the whole spectrum of activities that can foster neck pain. Patients with reduced pain are less likely to slump, lean forward, or carry tension in the neck.



KNEE PAIN

Knee pain is a pervasive cause of disability everyone must guard against with age. More than 50 million Americans have arthritis, with pain frequently occurring in the knees. Orthotics relieve many lower leg conditions, delivering improvement in weeks. They also help redistribute weight to alleviate pain while standing and walking.



SPORTS INJURIES

Orthotics show great promise in treating sports injuries. Among the sports where orthotics have made a positive difference are golf, football, running, and track sports that require jumping. This has strong implications for professional athletes and for average people who engage in exercise to maintain wellness.



FUNCTIONAL ORTHOTICS ARE THE ANSWER

To be effective in reducing pain and providing long-term relief, functional orthotics must be right for the patient. One of the most common and powerful orthotics is the foot leveler, which can be as simple as a thin insert within your preferred footwear. Other options are available with the assistance of a physician who understands your needs.

Many Americans suffer with pain that could be resolved and prevented because they are looking for pharmaceutical or invasive treatment techniques. By contrast, orthotics are simple, effective, and safe... and cost a fraction of other interventions. If you want relief, contact a trusted physician to learn more about orthotics.



ABOUT THE AUTHOR



Dr. Vaziri completed his undergraduate studies at the University of California, Davis earning a Bachelor of Science degree in Nutrition Science with an emphasis in Biochemistry. He received his Doctorate from Southern California University of Health Sciences in 1989 and post-graduate studies were completed at Emperor's College of Traditional Oriental Medicine with a degree in Acupuncture and Herbology in 2001.

In addition to Chiropractic, Acupuncture, Nutrition and Herbology, Dr. Vaziri specializes in Pain Management, Sports-Related Injuries, Automobile Accident Injuries, Orthotics and is trained in Veterinary Orthopedic Manipulation. He also hosts corporate lectures focusing on workplace and lifestyle ergonomics as well as providing Ergonomic Evaluations. While building his diverse practice, Dr. Vaziri has successfully integrated both Western and Eastern philosophies.

Dr. Vaziri was first introduced to Chiropractic care as a college student while recovering from a back injury. In his spare time, he enjoys reading, SCUBA diving, sailing, traveling, and time with his family.

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