

Dr. Michael Collins has written a book, titled, "*Hot Lights, Cold Steel: Life, Death and Sleepless Nights in a Surgeon's First Years.*"



Congratulations to Dr. Zindrick and Dr. Lorenz for "Best Paper Award" at The North American Spine Society meeting for their work on artificial discs and biomechanics.



Ted Hirschfeld MS, ATC served as the head athletic trainer for USA Track & Field at the Pan-Am Junior Championships this past July in Ontario, Canada.



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## the Right Fit

*By Justine Gaspari ATC*

A pair of running shoes is the most valuable piece of equipment for runners when properly fit. When pain is slowing a runner down, chances are shoes are to blame.

A majority of people put more body weight to the inside or outside of their foot. A barefoot wet test is used to assess foot patterns.

This test is completed by wetting the feet and stepping on a sidewalk or construction paper. Then the footprints are examined.

Over-supinators will notice an open area where the arch did not touch the ground. Over-pronators will notice a complete impression of the foot. A neutral impression will show a moderate space visible at the arch of the foot.

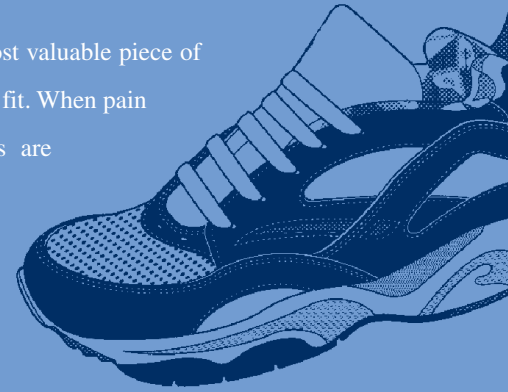
To determine which shoe will best fit the individual's needs, it is essential to know foot type and the three components of shoes. These components, shoe shape or "last", construction, and mid-sole, affect the fit and function of the shoe. It is also important to try on shoes at the end of the day when feet are most swollen.

Over-pronators need a straight or semi-curved last for stability and maximum support. They also benefit from a dual-density midsole for stability and shock absorption. Flexible shoes don't give enough support, so a stiffer board-lasted shoe is recommended.

Over-supinators will benefit from a semi-curved or curved last shoe to encourage foot motion. A single density midsole offers good cushioning. A slip-last will also allow more flexibility.

Neutral feet will benefit from a straight or semi-curved last. A combination-last that allows normal movement of the feet is also used.

Finally, replacing running shoes is as important as buying the correct pair. Replace shoes every 300-500 miles varying on shoe material and body weight. Once shoes start to wear down the body quickly follows.



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