



Case Study: Private Clinic

Louise Fisher from Foot Forte Podiatry Clinic used the Interpod Orthotic Library when treating a high-activity patient suffering with long history of lower limb injuries.

The Challenge: The Patient, a 32 year old female GP, presented to clinic with a history of high running demands. Her activities included, trail and fell running, hiking, and crossfit. Also, as an avid Ultra Runner, she would complete over 80km per weekend. This resulted in multiple ankle injuries including lateral ankle instability and subluxations. Over the past 10 years she has tried many over the counter or prescribed insoles, yet struggled to get adequate support and comfort, or find a positive outcome for her symptoms. The patient had reached a point in her pathway where she was considering options for orthopaedic surgical treatment.

Patient Review: The patient has hypermobility and has suffered with frequent inversion injuries resulting in chronic pain whilst running and during long periods of time on their feet. She reported several symptoms

including, pain around the ankle and arch of the foot, stiffness after periods of rest (especially after longer runs), and general instability. These all affected her ability to run longer distances, especially on rough or uneven terrain.

The Product: I decided to fit the patient with the Interpod Vari-Force Neutral (0°) Heel Cup with the low stiffness option. This insole has a 3/4 length shell with full-length top cover. I chose this orthotic to provide stability and support, specifically across the midfoot complex and heel, utilising the heel cup feature to improve ankle stability. The Vari-Force is a lightweight insole with a slim fit, making it ideal for fitting into everyday footwear and running trainers



Patient Benefits: After using the Vari-Force, the patient highlighted the superior comfort and fit. They found great benefit in using the insoles, noting improved comfort when on their feet all day and found them especially comfortable when running. With her symptoms successfully managed, the patient no longer has the need to undergo foot surgery.