

# Gait Analysis

## Happiness with Your Feet on the Ground

By Dr. George C. Trachtenberg



"If your feet hurt, you hurt all over," is a legendary phrase that, with today's technology, can now be verified as true wisdom of the ages.

Most of us take 5,000 to 15,000 steps per day on each side of our body.

Abnormal foot movement and function often alters the way we walk, putting stress and strain on muscles, bones and joints in other parts of the body. When this is repeated day-after-day, week-after-week and year-after-year, this ultimately weakens muscles and joints causing pain, arthritis and increased susceptibility to injury.

While, conventional podiatry is almost exclusively reconstructive and revision foot surgery and orthotic therapy, Gait Analysis takes us to a whole different realm. Using sophisticated sensory technology and video recordings, a GA practitioner will measure the length of your step, the angle of your foot, the turning of the knee and the motion or lack of motion in the hip. All the taken for granted steps of life are now being understood to have a relationship to illness, pathology and emotions. With acute observation and computer aided analysis, a skilled practitioner can help relieve aches and pains by improving your everyday step.

After ten years of conventional practice, I began to question my model of caring for patients. In spite of getting wonderful results and in turn referring their friends and families, I realized that each time I operated on a patient, I was actually making them sick first in order to make them well and then, better than they were before surgery. I saw how patients who were fitted with orthoses for their biomechanics (foot movement dysfunctions) after reconstructive surgery stayed better while those who did not use orthoses often had reoccurrences.

As I pondered this from time to time and considered a new model of care around this perception, seven years went by raising a family and earning a good living doing my usual podiatric surgery and orthoses. Then I started to become uncomfortable with myself. I began to see other physicians leaving their

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practice and adapting progressive, integrated practices as acupuncturists, chiropractors, etc. I was always an "out of the box" thinker with a thirst for knowledge and a challenge. In my mind, there had to be a more progressive model of treating patients for conditions that often failed within the conventional thinking which often proposed surgery to attempt a remedy.

By chance, in October of 1994 I found a seminar in Washington, DC that was about a "new model for treating musculoskeletal disorders" given by a podiatric colleague of mine from New Hampshire. The concept intrigued me and I went. It was a small seminar of about 21 people. I was the only U.S. podiatrist in attendance. The others were chiropractors, physical therapists and a couple of Canadian podiatrists.

The participants were each asked why they were attending the seminar and when I was called upon I gave my story and beliefs about abnormal foot function negatively affecting remote sites and being responsible for various ills at those sites. The presenter told me that I was correct and he would prove it to me that weekend.

What was presented were the very thoughts and concepts I had been contemplating for seven years or so encased in a model that mirrored what to this point had been a constant nagging in the back of my mind.

One set of statistics that drove the point home to me was that in the U.S., low back dysfunction is at least a 60 billion dollar industry annually and 79% of low back surgeries fail. Those that succeed often have some pain complex back within 14 months. With the model of care (Gait Analysis) presented, an 80% success rate was seen without relapses!

I decided right then that my practice was going to become progressive and conform to this model, but, without leaving my profession. My heart's direction was to recreate my practice from a very lucrative and successful surgical specialty to this new model of care with principles that had long been in my mind. This choice identified me as only the second private practice podiatrist in the country doing Gait Analysis foot care.

Instead of looking at details of deformity and planning surgery, with the application of Gait Analysis, a trained practitioner can relieve most foot and posture related conditions, usually without surgery.

Video cameras, electronic sensors, x-rays and computer generated data, provide detailed clinical assessment of foot and body movement. Strategic camera placements view the patient from front, back, profile, full body and close-up angles of body movement. All four cameras are coordinated to run simultaneously. If something is wrong in one view, we can correlate it to the rest of the body and the rest of the posture. This allows for detailed, slow motion analysis for critical evaluation and noninvasive correction strategies.

Ten years later my practice is almost exclusively based on this model of care. I am devoted to this model that shows the body is enormously affected by movements that start with the forces transmitted from the ground up. In fact I have recently been approached by a small group of "cutting edge" dentists that have the same belief and feel that their dental restorations cannot be maximized until the patient's gait is corrected and thereby yield the best posture for the patient.

Little did I realize that there was no formal training for this avenue of evaluation and

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## Healing Journey

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have every thought be positive." Watch the chain of electricity ignite and go down your spine when you recognize that you are light looking for a place to beam.

Let's love ourselves enough to have everything we want in a God-given limitless society. Recognize that we have come to the level of Creation where we can have everything and will not let anything stand in our way. In this light, we cannot sabotage ourselves. When we allow the sabotage in, we take a break from our healing, which we cannot afford to do.

Stop the sabotage - take note the minute you throw something onto your path that will cause you to trip. When we are no longer willing to sabotage ourselves, and instead are willing to have everything we desire, then we will have everything we desire. It's that simple.

When we commit to a healing journey, it's

not about the physical body healing. It's about the journey. Once we have decided to heal, only our commitment to the journey is left. We stick to this commitment to heal, then, at a given point, we fall backwards and start over again. We do this because we are human beings, beautiful lights of the Creator who have hidden ourselves behind a veil called ego. We allow ourselves to forget a part of the lesson plan every now and then. We journey through this evolutionary process called Earth as many times as we want. Take the journey. We are only a breath away from having the whole of the healing.

Healing always focuses on love. Every cell in our bodies is compressed and surrounded by liquid, which vibrates at a higher frequency when we feel love; that's how we send our healing energies. If all four bodies are aligned, the vibrational frequency increases four times what it normally would have risen to, so we have a body susceptible to light energy. While we are in that state of awareness, every cell in our body vibrates,

looking for anything that could use a little extra energy to heal.

In order to heal, you must feel the love for yourself. Healing back into love means we recognize that we are a particle of the God Creator, which is absolute perfection. By accepting that fact we are already healed. The journey shows us how we got healed. That is what it means to heal back into love. When we know we are healed, we establish a journey to prove by our own experience that we have done the journey and have healed back into love.

The quickest healing is the journey to remember that you came here to fall in love with yourself.

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*Kahu Fred Sterling is an author, minister, medium and Internet talk-radio host. He is also the pioneer of Signature Cell Healing. Kahu Fred Sterling will be presenting a course on Signature Cell Healing in Buffalo next week (October 6-8). The Honolulu Church of Light is accepting late registrations for this course at this time. Call (585) 469-9875 or visit [www.kirael.com](http://www.kirael.com) for details.*

## Gait Analysis

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treatment. Most of my accumulated knowledge and training came from long hours in my own practice through self-taught interpretations and hands on experiences in my newly created Gait Analysis lab

Along with the video, Mylar pads placed inside the shoe, feature 960 sensors, which can provide thousands of pieces of information. It's like doing an EKG of the foot. In essence, it gives us a look inside the shoe while a person is actually walking. We can see what's happening based on time, force and pressure. We can compare one foot to the other before and after treatment. Because we can look at a problem clinically, with X-ray, video and computer, we can correlate an incredible amount of information, isolate foot

and related problems and formulate effective treatment methods.

Generally treatment is geared toward bringing abnormal foot movement and function toward normalcy by utilizing sophisticated in-shoe orthotic devices. Treatment may also include an interdisciplinary approach by combining the walking care with physical therapy, chiropractic care, massage therapy and/or acupuncture. The treatment program is designed specifically for the individual patient's findings and needs.

In my quest to pioneer this model of care, I found that my work has the greatest effect when the body is concurrently brought back into balance from years of misuse and abuse. Therefore I have expanded this model and often prescribe an interdisciplinary approach for a patient with other modalities that include but are not limited to chiropractic, acupunc-

ture, physical therapy and massage therapy. The key here is to find practitioners who are also progressive minded for integrated approaches for health care.

I have also discovered that this progressive model of podiatric medicine/orthopedics is a direction that moves one from caring for the sick to caring for the healthy (prevention) so they don't get sick or for those that are sick, helping to keep them from getting sicker.

It has often been a strenuous journey, but certainly the most rewarding journey I have yet to travel.

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*Dr. George C. Trachtenberg is a podiatrist in Vestal, NY. He has the only office in the region that specializes in video and computerized gait analysis to evaluate postural effects of walking that can lead to disorders affecting the knees, hips and back. Visit [www.georgetrachtenberg.com](http://www.georgetrachtenberg.com) or call 607-798-8069 for more information.*