

## My Surgical Boots are Made for Walking

With CMT my feet have never worked very well. I could never play sports and if I was made to do cross country running at school I was always last back, sometimes by hours, and sometimes I would often miss the rest of the school day. This was in the late 1950's and at the age of 14 I spent almost six months in hospital having feet operations/reconstruction [Pes Cavis] so that I could walk better. On leaving hospital I was given ordinary shoes to wear. These were an improvement and I could do most things until my muscles began to slowly deteriorate.

I have been having surgical boots made with a Klenzig below the knee with steel spring loaded callipers for both feet for 35 years. Although these boots helped me to walk they were very uncomfortable and weighed over 2 kgs each and often twisted out of shape requiring constant repairs.

On a visit to Professor Corbet two years ago at Concord Hospital, he suggested I get rid of the steel callipers as the weight was making me tired. I was told about a specialist boot maker Foot Power, so I called and made an appointment for that afternoon. On arrival I was made to feel very welcome and important. After a discussion they inspected my boots, feet, ankles and legs. I began a 3 step consultation program:

Step 1: I was asked to walk on a Gait Analysis treadmill. This is important as it assesses where your feet may need support. At the Foot Power clinic, a sophisticated computerised plantar pressure measurement system is employed to analyse your gait and help develop the optimum treatment plan.

Step 2: Empiric gait analysis which involves the Foot Power practitioner assessing your walking or running style. This is included in the basic consultation fee.

Step 3: Computerised gait analysis which utilizes two cameras and a sophisticated software program to analyse your personal running/walking style, ultimately generating a detailed report.

My new boots were then made. The steel Callipers are gone and with carbon fibre built in to the boots, half



David Jones from the Riverina Region

David's new surgical boots

of the weight is gone. I now have a pair of fashionable boots that are so comfortable they are like slippers; I don't even like taking them off at night. I can walk further and can now even stand in a queue which is something I have never been able to do without wobbling around. I also had trouble with one knee being thrown out of alignment and being very painful, however since having the boots this has righted itself, which is wonderful.

After 12 months of wearing my new boots 14 hours a day every day, they have not twisted out of shape and have hardly worn down on the heels. So if you are having surgical footwear made I would suggest that you go and see the team at Foot Power at Dee Why, 9972-4488 or email [reception@shoetech.com.au](mailto:reception@shoetech.com.au). I do not work for the company, I'm just a satisfied customer! Enable also cover the costs of the footwear.

### For other information:

<http://footpower.de/Footpower-Partner/footpower-Sydney/Gait-laboratory/412511/>

[http://shoetech.com.au/about\\_us.html](http://shoetech.com.au/about_us.html)

David Jones, Riverina