

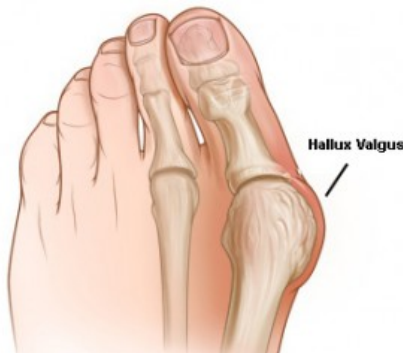
Foot Support for People with Down Syndrome

Foot Support (a full-length orthotic insert or arch support) is an effective and efficient way to help our adolescents and adults with Down syndrome achieve a more optimal foot position and increase their ability to participate in recreational, work and school-based, and home and family activities.

- 75% of people with Down syndrome have a flat foot (pes planus)



- Without foot support, people with Down syndrome may report:
 - Increased fatigue
 - Foot, knee, or hip pain
 - Inability to walk long distances without a break
 - Increased bunions or atypical toe position



- Ideal Fit
 - It is critical that the full-length arch support provide full support to the medial arch all the way to the base of the first toe.



- Benefits of foot support:
 - Improves foot position
 - Decreases propensity for hallux valgus, great toe abduction
 - Improves foot comfort, improves participation in activity
- Types of foot support (inserts I have used, there are others, but I am familiar with these brands):
 - Orthotic support options – full length arch support

SUPERfeet[®]



- Superfeet



- Sole Insoles



- Vasyli inserts

CASCADE[®]
daFO[®]

- Cascade dafo inserts
- Custom insoles