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Four weeks of foot orthosis intervention improves ambulatory capacities and posture of patients

Yves Jammes, Patricia Griffon, Bruno Vie and **Jean Paul Weber**
Aix-Marseille University, France

In patients with foot malalignment and/or abnormal arch foot, four weeks of foot orthoses could increase the gait distance and attenuate the post-6MWT (6-min walk test) posture alterations. Indeed, we already reported these benefits of foot orthoses in individuals with no foot malalignment. In 10 normal weight and 10 overweight patients with foot malalignment and/or abnormal arch foot, the benefits of four weeks of custom-molded orthosis intervention (D30) were examined on the 6MWT gait distance, the scores of fatigue sensation, (Pichot and MFI fatigue scales) and the post-6MWT sway of the center of pressure (CoP). One month of foot orthosis intervention significantly improved the ambulatory performances during the 6MWT, attenuated bodily fatigue sensation after the 6MWT, and reduced the post-6MWT CoP deviations, the benefits of insoles being significantly accentuated in overweight subjects.

Biography

Yves Jammes has completed his MD and DSc degrees in Faculty of Medicine of Marseille and has been an Assistant Professor in McGill University, Canada. He is the Director of the Fatigue Team in UMR MD2 and is a Scientific Consultant in the Podiatric School of Marseille. He has published 223 papers in reputed journals.

yves.jammes@univ-amu.fr

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