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### Go for the Gold When it Comes to Orthotics



Right now, many eyes are focused on the Olympics going on this month in China. At [Weil Foot & Ankle Institute](#) we think there's a good analogy here for orthotics—just like in the Olympics athletes are awarded a bronze, silver or gold medal, orthotic inserts for your feet fall into three categories ranking them good, better and best for your feet.

#### Benefits of Orthotics

Broadly speaking, an orthotic is any device that is inserted in your shoes to treat a podiatric condition and relieve foot pain. Orthotics can be prescribed for different uses:

**Accommodating**—This type of orthotic uses padding to protect and support a vulnerable area of the foot. It provides a cushioned barrier between your foot and the shoe and/or offloads pressure from a specific part of your foot.

**Functional**—Many foot disorders are caused by a biomechanical failure in the foot. Functional orthotics correct foot motion and shift forces acting on the foot to help the foot work better and without pain.

**Hybrid**—Some patients require both accommodating and functional properties in their orthotics. Hybrid orthotics offer a blend of accommodating and functional orthotics to address your unique foot issue.

Orthotics can be used to treat a wide range of foot problems including: [plantar fasciitis](#), [flat feet](#), [neuromas](#), [tarsal tunnel syndrome](#), [sesamoiditis](#), [hallux limitus](#), [heel pain](#), [Haglund's deformity](#), [bunions](#), [shin splints](#), and more.



#### Different Types of Orthotics

There are three different grades of orthotics to consider:

**Bronze**—Over-the-counter orthotics you can buy at your local pharmacy. They are usually made of a soft gel, plastic, or rubber that is very flexible and tends to lose support when you stand on them. They are designed to fit an "average" foot and the size is based on your shoe size, not the size of your arch. They may feel good initially but ultimately are designed to give added comfort, not correct a podiatric problem.

**Silver**—Medical grade inserts are made of sturdier materials that are likely to last longer than typical over-the-counter inserts, but they still have the same one-size-fits-all design.

**Gold**—Custom orthotics are created from a mold of your actual feet. Most custom orthotics are made of a semi-flexible polypropylene plastic, copolymer, or graphite material that does not collapse under the weight of your body and helps give your feet optimal alignment and function. Our [podiatrists](#) will prescribe a custom orthotic designed to meet your unique foot challenges. There are many options for modifications, additions, support, and cushioning that the podiatrist will know to include. Once your orthotics are made, the foot doctor will ensure that they fit you perfectly.

When it comes to the health of your feet, nothing but the best will do. To learn more, contact us today.



### Recipe of the Month Frittata with Asparagus, Tomato, and Fontina



This easy to make asparagus frittata is perfect for breakfast, lunch and dinner. With simple flavors, it's both fresh and comforting!

#### Ingredients

- 6 large eggs
- 2 tablespoons whipping cream
- 1/2 teaspoon salt, plus a pinch
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- 12 ounces asparagus, trimmed, cut into 1/4 to 1/2-inch pieces
- 1 tomato, seeded, diced
- Salt
- 3 ounces Fontina, diced

#### Directions

1. Preheat the broiler. Whisk the eggs, cream, 1/2 teaspoon salt, and pepper in a medium bowl to blend. Set aside.
2. Heat the oil and butter in a 9 1/2-inch-diameter nonstick ovenproof skillet over medium heat. Add the asparagus and saute until crisp-tender, about 2 minutes.
3. Raise the heat to medium-high. Add the tomato and a pinch of salt and saute 2 minutes longer.
4. Pour the egg mixture over the asparagus mixture and cook for a few minutes until the eggs start to set. Sprinkle with cheese. Reduce heat to medium-low and cook until the frittata is almost set but the top is still runny, about 2 minutes.
5. Place the skillet under the broiler. Broil until the top is set and golden brown on top, about 5 minutes.
6. Let the frittata stand 2 minutes. Using a rubber spatula, loosen the frittata from skillet and slide the frittata onto a plate.

Recipe courtesy of [Giada De Laurentis](#)

### Big Shoes to Fill

The President of the United States has big shoes to fill. No question. However, little is known of the shoe sizes of the first 15 Presidents other than George Washington wore a size 13, and Thomas Jefferson a size 12.5.

Johnston & Murphy (established in 1850) made a pair of ankle boots for the 16th President of The United States, Abraham Lincoln in 1861. Abraham Lincoln was 6'4 tall and wore size 14 shoes - the largest feet among presidents.

### Super Feet

No doubt, Super Bowl LVI that took place on Sunday, February 13th had the iconic Goodyear Blimp floating high above the stadium to observe all the action. One of the world's best known advertising icons, the Goodyear Blimp, was first built in 1912. The military used them for observation and reconnaissance during World Wars I and II. After World War II, Goodyear bought five of its blimps back from the armed forces, painted them, and began using them for promotional purposes.

But have you ever looked closely at the Goodyear logo?

The Wingfoot symbol was the brainchild of Frank Seiberling, the founder and for many years president of The Goodyear Tire & Rubber Company.

Seiberling's home in Akron, Ohio had a statue of Mercury, the Roman god (known to Greeks as Hermes). The statue caught Seiberling's attention, and he felt that the god it portrayed embodied many of the traits for which Goodyear products were known. At Among the sketches considered for the logo was one using the winged foot of Mercury.

Everyone at Goodyear agreed that the Wingfoot should be the company symbol, with the graphic to be placed in the middle of the word "Goodyear."

Mercury in had much to do with Goodyear's trade and commerce, but it was the idea of speed that had much to do with Goodyear's symbol selection, for the wingfooted Mercury was regarded as fast carrier of good news.

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