

# Insole-Supply For Kids And Youngsters:

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## Introduction:

Our Babies still have all this muscles, bones, nerves, and so on... given by Nature, up from the beginning. So, the organism needs time and training to rule and handle this all, in the right time and manner. This will be worked out by the kids in the first 6 – 7 years of live. This process(proprioception<sup>1</sup>) will be finished in the earliest age of elementary school, so that the child will handle its balance deliberately.

The crossovers are the main thing here. It starts with position change from back to belly. The way and handling of doing this is the most important point. Is here given to much help to the child, like getting put by adults in new position, the organism will learn nothing! Same from sitting into standing! A healthy child acts nosy expecting to enlarge its room of action, being lively. The key is the self founded way from the child! Each help here is contraproductive. Main point of learning is to work and handle for a safe balance. Once standing, the "rugats" will move ahead. The „tabbsie“ steps get more liquid and with more speed. Jet, some things became carried from one point to an other. Again: Training of a safe balance! Of course, natural childlike feet are „flat“ in this early time of walking! Where else than from walking should the muscles, belts and skeleton get their informations which are needed. Via „early childhood reflexes“(ROTA-Therapie) not much is to earn here, and normaly they should have been passed with around 6 month<sup>ii</sup>, for than being possible to move and flower out with „free will“. I´m dropping this lines for a better understanding, why **insoles for children usually make NO sense in the first 6 to 8 years!** OK, there are some cases which are handeld with insoles, but only with deep reserch, different clarifications and narrow control.

Growth and development of our Kids, sometimes produce own shapes, may be pain too. May be, more than one point of the below shown chart adresses to a child.

Exact clarification what´s realy going on, is very important, for handling an optimal treatment to the childs health.

Hormones for growth<sup>iii</sup>, like vitamine „D“ is build in summer with plenty of light, via skin and eyes. In that time growth should not be disturbed by statik modulating input.

Generally kids and youngsters may not be served with insoles in spring and summer. Means: Insoles are to be used from Oktober till end of April.

Exception: massiv pain, or Skoliosis.

In the „dark time“ of the year, statik modulation could be tested, as a gentle kind for the body to get the „right“ feeling for the right direction again. I´ve known it to happen, that some kids or youngsters bodyreaktions make the insoles obsolete after short time(6-12 weeks)!

They approve the insoles very well.

One more word to skoliosis: The insoles are taking little „wonders“ here, and the founded posture has significantly changed better. In generell we can watch/see that the right supply with static moduling insoles makes development of the kids running more favorable, till to dentic development which gets a plenty better flow at all. Presupposed that factual desease is founded. It makes no sense, for example, to treat an incined hipp with elevation under the foot(in the shoes), when s.o. doesn´t exactly know what´s happening „upstairs“!!

Trial for an overfew of seemingly conspicuousness:

optic signs:	possible body reference:	need for action:
interior foot ankle from child or youngster points/tillts to inside/down	growth, may be, dentic reference	As far as there is no pain, no treatment. note: dental braces, retainer!
flatfoot by babys and childs	this is no pathology at all, but a point of stand in development. The arches of the foot will be build by itself while leraning to walk and by training oneself save balance...	NO AKTION!!!! NO Insoles!!!! different bottoms, like stones, sand, wet floor,... May be a help for a good development
flatfoot by youngsters	May be connented with growth, evtl: dentic reference	good clarification. If there is no pain, proper no action is needed. But, statik moduling insoles could be tryed while fall/winter.

interior turn of the knee(s):	growth, hippjoint situation, ♀ more....	good clarification, no pain → no action But, statik moduling insoles could be tryed while fall/winter.
pain with the knee(s):	often growth, also: may be, dentic reference	good clarification, evtl.: → less sports till pain has gone!
morbus schlatter: (kind of hump, frontal at shin, ca 2-3 fingers under the knee):	growth: too much force/ tesion at m. quadratusfemoris(tigh-kneecap)	significant less liability. Break in sports!
inclined hipp:	reason with growth, may be it´s done with the next push. may be it points to a dentic reference concerning back teeth.	should get clarified very exact! are there differences without brace or retainer? Rota-Therapie. Statik moduling insoles.
skolioses:	helix in spine. dura mater,....	Exact identification what kind of skoliosis is like: right-, or lefthanded curved, doublesided? very good results with Statik moduling insoles. Rota-Therapie.
head is like being worn bevor the breast. Upper jaw teeth point inclined in front:	bite, jaw, neck-muscules, eyes.	CMD clarification, bite clarification, visus clarification. Rota-Therapie.
feet turned to inside while walking. s.o. expects it will fell over big toe...	a) hipp joint development b) less selfconfidentce?	Rota-Therapie. very good results with Statik moduling insoles.
torticolli, Inclined collum	collum-, neck-, eyemuscles skoliosis?? pre-natale coverd?	CMD clarification, bite clarification, visus clarification. Rota-Therapie. Statik moduling insoles.
child walks on toe tipps	muscle tension, dentic situation?	Rota-Therapie. Statik moduling insoles.
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to be continued....

- i <https://de.wikipedia.org/wiki/Propriozeption>
- ii Doris Bartel, Rotation, BoD-Verlag 2016, Seite 28 ff, Der Diagonale Mund-Hände-Augen-Fuß-Kontakt
- iii Größenwachstum und Knochengesundheit bei Erkrankungen der Wachstumsfuge und des Knochens: Möglichkeiten und Grenzen einer GH-Therapie  
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