

Correcting in-and-out-toed infants without discomfort, immobilization

Nearly a million American babies are born each year with feet that are abnormally turned in or out. And the decision to have them fitted for corrective metal bars or rigid splints can be an agonizing one for parents.

Many types of corrective devices — all of them pretty much the same — in use for decades, virtually immobilize an infant, severely restricting his ability to kick, crawl or turn over in his crib.

Parental concerns

Often parents worry that they are not only inflicting physical discomfort on their child, but that it might have psychological after-effects.

Convinced that the cure is worse than the disease — or the "rotational malalignment" as it is clinically called — they may stop using the de-

vice, thus defeating the aim of the treatment.

Now, the first significant breakthrough in the treatment of in-toe and out-toe problems is available to health professionals. The Langer Pediatric Counter-Rotation System (CRS™), jointly developed by The Bioresearch Corporation and The Langer Biomechanics Group of Deer Park, N.Y., is made of lightweight plastic and is designed to reduce abnormal position without rigidly bracing the infant.

Seeing is understanding

Says Dr. Sheldon Langer, president of The Langer Biomechanics Group, world's largest producer of prescription orthotic devices, "Once parents see their babies crawling, kicking and behaving normally in every way in the CRS, the fear of keeping them in corrective devices will be

greatly alleviated, and the treatment program can go on uninterrupted until the condition has been improved."

Accommodates growth

The Langer CRS is self-adjusting, so that measurements don't have to be taken every few weeks to accommodate the infant's growth, and automatically twists and bends to counter normal infantile bowleggedness. This eliminates the risk of damaging side effects, which can result from improper fitting of less flexible devices.

As an added benefit to mothers and fathers for whom diaper changing is already enough of a chore, the system can be easily and safely

snapped off the baby's shoes for changing, and snapped back on in seconds, without disturbing the precise degree of correction prescribed by the doctor.

"And," says Dr. Langer,

"The CRS design makes it childproof. There's no chance that a baby can accidentally hurt himself."

Write for information
The Langer Biomechanics

Group offers a number of free booklets on foot care which may be obtained by writing to: The Langer Biomechanics Group, Inc., Dept. M, 21 East Industry Court, Deer Park, NY, 11729.



BABY CRAWLS UNRESTRICTED in the Langer Counter-Rotation System (CRS™), a corrective device used to treat in-and-out-toe problems affecting over a half million newborns yearly. The CRS, invented by The Langer Biomechanics Group and The Bioresearch Co., is made of lightweight plastic and represents a major breakthrough in early correction of foot abnormalities.

Words to the wise — exercise common sense when working out

The surest way to a successful exercise program is a good beginning. In physical fitness, a good beginning is the proper choice of clothing and shoes, and an adequate warm-up period.

The reason why

If your circulation is nil and your muscles stagnant or tight, injuries can result. A warm-up period can help prevent muscular and skeletal injuries and reduce soreness, by gradually stimulating cardiovascular activity and breaking a light sweat. As your circulation increases, blood is pumped to your muscles, making them warm and pliable.

The warm-up should consist of 5-10 minutes of stretches, flexibility exercises and light calisthenics. Be specific and warm up those parts of your body that will be exercised during the actual work out.

Sustained, static stretches help lengthen muscles and loosen joints. Start slowly, then gradually build up your heart rate and breathing so that a smooth transition can be made to more strenuous exercises.

Appropriate attire a must

In warm weather, clothing should protect you from heat exhaustion and muscle cramping. Wear fabrics that are porous and act like a blotter. Both conditions facilitate the evaporation of sweat, which is the primary way body temperature is regulated during exercise.

Lighter colored clothing is preferable and, by dressing in layers, you can add or subtract clothing as needed.

Proper footwear

Good athletic shoes cushion and protect the foot, and help prevent blisters, soreness and aching feet. According to studies, shoes should fit perfectly, giving strong support, and be comfortable.

There should be plenty of

room for your toes and a snug fit from the ball of the foot back across the arch to the heel.

If you exercise common sense in the selection of clothing and shoes, and warm up prior to working out, your conditioning program will be much more beneficial and enjoyable.

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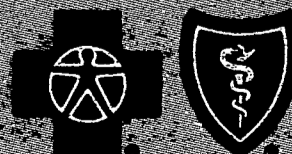
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