

# 4 Foot Care Trainer Activity



NPO Orthotics Society's certified foot care trainer is a specialist who has knowledge and technique to solve various troubles caused by foot and shoe. Their knowledge and technique achieved from DYMOCO theory\*, the solution contrived is based on medically oriented perception including walking balance analysis, and fitting right shoes.

\*DYMOCO is a short term for Dynamic Move Control. Finding bad movements while walking and by changing that movement into a correct one is a step in obtaining a balanced walk.

**Foot care Trainer Charter** "Foot care Trainer" is committed to the following in their activities.

1. We, foot care trainer,  
**With our certain knowledge and technique, contribute to the society and people for their comfort and healthier everyday life.**
2. We, foot care trainer,  
**Devote to listen to people's foot and body sufferings from as many people as possible and seek for a solution.**
3. We, foot care trainer,  
**Find the person's most appropriate solution by observing his walking balance.**
4. We, foot care trainer,  
**Prevent troubles by choosing right shoes for every person as a first solution.**
5. We, foot care trainer,  
**Use DYMOCO theory based insoles to adjust walking balance.**
6. We, foot care trainer,  
**Take responsibility to care with periodical check-ups and follow through until an improvement can be seen.**

Foot care trainer's performance is composed of 4 different fields.

## Adjust weight balance with insoles

Foot care trainers' medically based walking balance corrections obtain much satisfaction from customers.

## 1 Counselling and foot measuring

Collect detailed information on foot and shoe troubles and measure correct foot size



## Check body balance

Observe standing and walking postures and find out tendencies and problems



## Check foot condition

Take a foot print to see weight balance, differences on either side and analyze problems

Foot care trainers' medically based walking balance corrections obtain much satisfaction from customers.



Foot care trainers' high skills and knowledge are maintained by three-stepped licensing system achieved from numerous studies and performances.

Please go and see the Orthotics Society's official site for details about "foot care trainer".  
As for those who are interested in obtaining license, please make inquiry to the following office center.



# Orthotics Society

Non-profit Organization (NPO)  
**Orthotics Society**

Activities to develop children's sound body  
Activities to promote health-care and welfare



NPO Orthotics Society awaits people who agree to our activity and wish to become a member. Please contact us at below.



## Non-profit Organization (NPO) Orthotics Society Taiwan

No.6-1, Shuijizi, Beipu Township, Hsinchu County 314, Taiwan TEL : 03-5803178 FAX : 03-5803079

E-mail : [info@orthotics-society.or.tw](mailto:info@orthotics-society.or.tw) URL : <http://www.orthotics-society.or.tw>

Head Office : Tokyo, Japan

Trademark of DYMOCO and patent of Medical Padding System is iMAT pending.



NPO Orthotics Society strongly promotes educating and certifying foot and shoe specialists, "footcare trainers".



NPO Orthotics Society is a non-profit organization widely-acting for social contribution giving thoughts to researches and applications in relation to foot function, shoes and insoles from medical viewpoint.



-Is there a solution other than surgery for feet trouble?-  
 NPO Orthotics Society has started from this passion.



NPO Orthotics Society Director  
 M.D. (Orthopedist), Director of the SMSF,  
 Councilor of the JSSF

**Toshihiko Uchida**

From children to elders, patients suffering from foot pain visit hospitals. Through clinical research, we found out most of foot, knee, and waist troubles come from wearing 'not right shoes'. To help those who suffer, it is necessary to educate people having enough skills on foot and shoe, called foot care trainer, to be able to solve these troubles. NPO Orthotics Society was established where both medically engaged people and people in general can participate. We believe this leads to reduce medical expense as preventive medicine.

History 1993 Established as Orthotics Study Group / 2001 Changed as non-profit organization "Orthotics Society"  
 1997 Started foot care trainer certification

## 1 Social Contribution Activity

Campaigns held by carrying out foot measurement or counselling at various public facilities, companies and organizations.



At footwear related exhibitions, appeal NPO's activities to industries of similar concern.  
 At foot measurement campaign for kindergarten children, children wore shoes bigger than they should and their foot width had become thin became clear and NPO sent alert through the media.

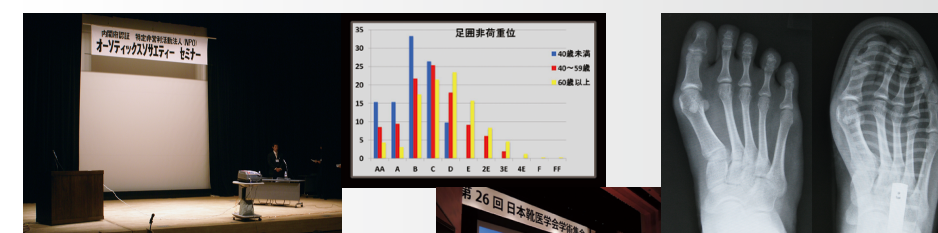
**足の健康広場** At these free events much appreciation was received every time from people having foot and shoe troubles.



"Healthy foot square" started from 2005 consisting of three segments (speech, measurement, and counselling) has been to assist people in general who are having trouble in shoes and foot. These events have been held in major cities such as Sapporo, Sendai, Tokyo, Nagoya, Osaka, Okinawa.

## 2 Academic Activity

Since establishment, NPO has announced many study results at conferences and has received high evaluations.



NPO Orthotics Society organized seminar. Graph shows children's foot size presented at Japanese major foot and shoe related conferences getting thinner instead of wider.

Became hallux valgus (on the right) because of ill-fitting shoes

The SMSF

## 3 Educational Activity (Foot Care Trainer License Acquisition)

Aiming to foster personnel holding our theory, foot care trainer license system has been organized. FCT School for license acquiring, skill-up training courses, and open-seminars for popularizing are frequently held to provide correct foot and shoe information as a clue to solve and prevent such troubles at the same time.



Foot care trainer license has become a supplemental profession to vitalize one's occupation. About 1,500 foot care trainers including orthopedist, PT, judo-therapist, acupuncture and moxa-cauterizer, prosthetist, sales staff at shoe or sport shops and even people in general are active all over Japan.