

Newton North High School, Girls Cross-Country 2017 – information sheet on orthotics and sports docs

Thanks for communicating with the coaching staff about the pain you've been experiencing. It's a good idea seek advice from a qualified sports-medicine professional to get the proper long-term solution in place to address root-cause biomechanical issues so you can remain healthy and train and compete with the team.

Please share this document with your parents.

In Newton, we are blessed to have many excellent (even world-class) sports-medicine doctors who practice very nearby and who know a great deal about running and runners. The ones listed below are just a sampling of what's available: either docs that one of the coaching staff has consulted during our respective running careers or folks recommended by other highly knowledgeable docs or XC program alumnae. For the record, none of the coaching staff have any financial or other formal ties to any of them.

Dr. Tom Michaud has his office at 517 Washington St. in Newton, next to the Jackson Homestead. He treats many of the top Boston Marathon runners and is known and respected globally in elite running circles as a prolifically published authority and pioneer on all things related to running injuries and their treatment. Unfortunately *he is not taking any new patients*, but he has a partner in his office, **Chandra Wisneski** who used to coach the NNHS XC Ski team and knows a lot about orthotics and sports injuries.

617.969.2225

<http://www.humanlocomotion.org/pages/office>

<http://www.sportsrehabexpert.com/public/564.cfm>

<http://www.humanlocomotion.org/>

<http://www.wellnessinmotionboston.com/meet-the-doctors/>

Dr. Jonathan Kaplan (recommended to by Tom Michaud) is the Chief Podiatrist for the Boston Marathon. His practice is Newton Family Foot Care, LLP at 963 Watertown Street, West Newton, or 65 Walnut Street, Suite #360, Wellesley. (Not sure if he moved or if he has two offices.) See: <http://drkaplanfootcare.com/> (781) 416-FOOT (3668)

Dr. Diane English at the SMG Sports Medicine and orthopedics clinic at St. Elizabeth's Hospital in Brighton treats many of the top athletes on Boston's professional sports teams. She has also treated other NNHS runners and track-and-field athletes:

<https://www.semc.org/services-directory/orthopedics>

Dr. Lloyd Smith; a solid podiatrist in Newton Centre with a good reputation among local runners; also affiliated with Newton-Wellesley Hospital.

<http://doctorssmithandstewart.com/>

Dr. Kai Mithoefer; a sports-oriented doc and orthopedic surgeon affiliated with New England Baptist Hospital who practices at HVMA, Wellesley. He's the sports doc for the New England Revolution, among others.

<http://www.nebh.org/doctors/mithoefer-kai-1088771>

As regards **ORTHOTICS**, some of the above docs can make custom orthotics for you (~\$300-\$400 and several weeks' wait), however it can also be very useful to get **off-the-shelf orthotics** (~\$60-80 and a few days' wait) as a temporary measure or as back-up. The coaching staff has found this source (recommended by Dr. Michaud) to be helpful: <http://aetrex.com/lynco-orthotics/women/lynco-sport-series> (Be sure to look closely at the details of each model to get the right kind of orthotic for your specific foot type. Getting the wrong type can be highly counter-productive. Any of the above docs can help you select the right ones.)