

A wise step: PEDIKOM

Caring for feet and their health is at least as important as for any other organ or part of the body. Usually we neglect them but perhaps they deserve the most attention of all. The crucial importance of the feet is comparable to the foundations of a house which safely carry the weight of the storeys above.

A highly important Hungarian invention is the new method that aids the diagnosis of the condition of the foot and the improvement of its condition.

The computerised diagnostic procedure is the result of a holistic approach in creative medical work. The optical procedure for measuring the distribution of pressure on the sole gives a high-resolution digital image of the sole. The differences in pressure are displayed in a spectacular colour image on the monitor providing a highly informative impression for the diagnostician.

It is an enormous advantage that this can be stored and retrieved at any time, thus making it possible to correctly follow changes in condition. The next step is to individually design and customise the orthotic insoles. Today there are several tens of thousands of people who can vouch for their efficacy.

Provided the fast and objective examination is done in time, it can help to reveal illnesses and begin treatment. It is not very widely known that illnesses appear in the zones of the sole, and the upper body is represented in the reflex zones of the foot.

“Fortunately, screening children is usual these days,” said *Dr Imre Kökényesi*, the inventor and a practising doctor. “This is good because the young body can be corrected. As an adult the chances become less, and intervention cannot help but an appropriate orthosis and massage is the answer.”

“So when should you go to a doctor?”

“As an adult you can go for screening any time you want. The sooner, the better: when we feel there is trouble, when we feel pain, it is too late. The condition is irreversible but it can be stabilised. The foot is a complex structure and deserves more attention than we usually give it. Prevention is preferable to treatment, but, even if necessary, a major intervention is not the best answer.”

The Hungarian invention, Pedikom, has been used with success from New Zealand to Switzerland and Sweden.

The foot is used a lot every day. This is good but we must give our feet attention to keep them in good shape. One way of doing so is to pay a visit to a Pedikom clinic, such as the one in Citrom Street in Pécs, where you can have a free computerised sole examination and, if necessary, the right orthotic insole made as well as have a foot massage by a qualified expert.

Captions:

Dr Imre Kökényesi and Károly Györe, head of the Citrom Street centre

Optical sole examination software

Individual modular orthotic insoles