

# CFI Offers Bracing Relief

## for Active Arthritis Sufferers

Arthritis pain can severely restrict one's enjoyment of life. When relief is provided, the change can be quick and dramatic.

"I remember one very avid golf player, about 55 or 60 years old, who came in with excruciating pain just from the arthritis and over-use of the knee. We fit him with a custom osteoarthritis (OA) brace, and as soon as he started walking around the office in it, he experienced immediate pain relief," said Kathy Smith, C.O., L.O., CFI Prosthetics Orthotics.

Some of these cases can be as rewarding for the orthotist as for the patient. An improved level of function opens up a future with greater potential for more active



enjoyment of daily life activities—at both work and play.

"You don't always have that level of success every time," Smith cautioned, "but that particular brace we used unloads a specific compartment of the knee, relieving pressure, and allows the patient to again become as mobile as possible, as quickly as possible."

Although arthritis can affect individuals of any age, even juveniles, Smith's patients are primarily adults and geriatrics. By the time an individual has reached geriatric status, Smith explained, their joints are already in the process of debilitating, and her job at CFI allows her to provide and fit an appropriate therapeutic and supportive brace.

Most CFI patients arrive with their orthotic prescriptions from their orthopedist or other physician, but Smith often sees walk-

in clients who saw someone wearing a knee brace at the grocery store and thought such a device might help them, too.

"We talk with them and try to identify the brace, evaluate their situation, and direct them to a doctor that may be able to prescribe the appropriate orthotic solution for them. As practitioners we cannot prescribe, but we can suggest to the doctor what might be the best orthotic."

Arthritis sufferers may also benefit from extra-depth shoes also worn by individuals with diabetes, Smith adds. The deeper interior of the shoe allows the practitioner to make comfort adjustments, especially for those patients who have toe deformities. Shoes with neoprene tops can also alleviate painful rubbing and possible blisters.

*CFI has offices in Memphis and Southaven. For more information about arthritis orthotics and aids, call 901-725-0060 or visit [www.cfiipando.com](http://www.cfiipando.com).*

*When you entrust your or your patient's care to CFI Prosthetics - Orthotics you can rely on our experience, creativity and outstanding service. CFI's certified practitioners and technicians not only respect and appreciate the legacy of our company's long history, but also continually pursue new treatment options and technological developments. All of our professional staff are required to complete ongoing education and training in order to maintain credentials and provide the most appropriate, functional prosthetics, orthotics and pedorthics available.*



**Custom Fit Innovations**  
PROSTHETICS • ORTHOTICS

CFI provides a full array of orthotics, prosthetics, and therapeutic footwear.



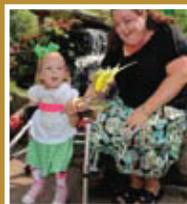
### Upper Extremity Prosthetics

Experienced certified prosthetists provide an extensive selection of new prosthetic technologies including myo-electrics for pediatric, adult and geriatric clients.



### Pedorthics and Prescription Footwear

Staff pedorthists utilize a wide variety of therapeutic and orthopedic shoes and inserts to address many common foot problems associated with diabetes, arthritis, and foot deformities.



### Custom Fit / Custom Fabricated Orthotics

Specialists in a wide range of custom fit or custom fabricated orthotics to correct, support or replace musculoskeletal function in lower limbs, knees, feet, upper limbs, elbows, and hands.



### Lower Extremity Prosthetics

Custom fabricated prosthetics for all activity levels constructed with ultra lightweight materials and state-of-the-art components including microprocessor-controlled units.



### Spinal Orthotics

Spinal bracing fit by highly-qualified certified orthotists to control back pain, stabilize weak back structures, and correct or prevent deformities such as scoliosis or kyphosis.



### Custom Footwear

Shoes are fabricated in-house using precise foot measurements and custom fit preferences under the supervision of certified staff pedorthists.



**Five Generations of Innovation: Prosthetics / Orthotics / Pedorthics**

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*To ensure that your care is in the hands of the Snell family, we ask you to make certain that CFI Prosthetics-Orthotics is where you are seen or directing your patients to be seen.*