

## *Gentle Leader and Rock-N-Stop Footrest*

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**MOVEMENTWISE  
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I often share information about products that have helped my clients. The first is of interest to **dog owners**, the second to **people who sit for a living**.



### *Gentle Leader*

Many dog owners who come to me have rotator cuff and/ or neck problems. When a dog “pulls” it creates a traction force on their walker’s shoulder muscles. This can cause or worsen rotator cuff injuries. When a dog yanks the lead it can also pull the walker’s neck and upper chest to one side contributing to misalignment problems in the neck and upper thoracic spine.

This collar fits on the back of the dog’s neck, base of the nose and loosely around the back of the jaw. When a dog pulls, the collar design exerts a gentle pressure on the nose. Where the nose goes the head will follow, so this discourages pulling.

Read more about the product and how it is used at:

<http://www.gentleleader.com/View.aspx?page=dogs/products/behavior/gentleleader/description>

Further down on this site you will see an **ECO** version, which uses recycled webbing and packaging.

The collar can be purchased for about \$20.00 and is also available at local pet stores.

### *Rock-N-Stop Footrest*

Sitting for a living is an occupational hazard. Aside from back problems, prolonged sitting takes a toll on lower extremity circulation. Pressure on the back of the lower thighs, where the main artery and vein travel, can cause a reduction of blood flow in and out of the lower legs. To avoid this, be sure that your chair or sofa is not too high. Lowering the seat of an office chair and tipping the seat down in the front can help reduce the pressure. If this is not an option, a wedged seat cushion creates the same effect. The use of a footrest can also lift the pressure off your thighs. This is helpful when a seating surface is not adjustable for a person’s height.



Another problem with prolonged sitting is that the muscles of the feet and ankles do not get exercise. Lack of muscle movement again decreases blood circulation. The support muscles of feet and ankles in people who sit most of the day can weaken; this may lead to plantar fasciitis, heel pain and weak arches. Calf muscles can shorten during prolonged sitting. Arches compensate by flattening too much if there is not flexibility of 8-10o of ankle up bending when walking. All this said, the **Rock-N-Stop Footrest** helps keep feet, ankles and blood moving. One client who is a psychotherapist loves hers. She can do her calf stretches and foot strengthening exercises on it; she can vary her knee bend (which is good for changing the pressure spots on kneecap cartilage) and her feet can touch the ground rather than dangling!

See this site for the plastic \$40.00 model:

<http://www.askergoworks.com/products/1562/Sunway-FR6000BK-3-Rock-N-Stop-Footrest.aspx>

A wider, \$80.00, wood version is also available at:

<http://www.relaxtheback.com/wide-rock-n-stop-footrest.html>

***Again thanks to all my clients who bring me their successful solutions to share with you!***

