

**PRACTIPEDICS: THE SCIENCE
OF GIVING FOOT COMFORT
AND CORRECTING THE CAUSE
OF FOOT AND SHOE TROUBLES**

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Practipedics: The Science of Giving Foot Comfort and Correcting the Cause of Foot and Shoe Troubles by Chicago American School of Practipedics

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CHICAGO AMERICAN SCHOOL OF PRACTIPEDICS

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PRACTIPEDICS

THE SCIENCE OF GIVING FOOT COMFORT
AND CORRECTING THE CAUSE OF
FOOT AND SHOE TROUBLES

BASED ON THE EXPERIENCE, INVENTIONS
AND METHODS OF
DR. WILLIAM M. SCHOLL

This extension course is official
only when the name of the student to
whom it is issued, and the seal of the
school, appears on this page.

ISSUED TO AND FOR THE PERSONAL USE

OF _____

STUDENT NO. _____ DATE _____

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CHICAGO, U. S. A.

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LESSON No. 1

PRACTIPEDICS

(Prak-ti-pediks)

THE SCIENCE OF GIVING FOOT COMFORT AND CORRECTING THE CAUSE OF FOOT TROUBLES

This study is based on a broad principle and idea of a definite, studied-out means of relieving foot ills without encroaching upon or interfering with the rights or practice of the physician, surgeon or chiropodist.

The designation of Practipedic and the science it covers is based principally on mechanics and mechanical therapeutics as applied to the feet, although alleviation and prophylactic measures take an important part. The time is not far distant when the Practipedist will have every recognition and enjoy the prominence, and scientific as well as social recognition of his profession.

The numerous conditions of the feet to be found needing the assistance as provided in practipedics will at once secure the co-operation of physicians, surgeons and chiropodists, who will be only too glad to send their patients to a man educated and qualified by the study of this course.

It is essentially prepared for instructing shoe dealers and their salesmen in the art of handling the feet, giving them a practical knowledge of anatomy, physiology and the normal use of the feet, with a complete and practical outline on foot troubles and their correction by the methods used in the wide and successful practice of Dr. William M. Scholl, foremost authority on the mechanical treatment of deformities of the foot.

The course, when mastered, will mean added power to anyone who has to do with the feet. The principal opening for the qualified Practipedist is in the shoe store. Every foot-fitter—every shoe man can qualify by carefully studying this course.

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In beginning with the study of Lesson No. 1, please bear in mind that the author has endeavored to handle the subject in an elementary and understandable manner, and, if the outline and suggestions are carefully followed, there will be no difficulty in completing the course with high honors.

This course of study is intended to qualify one to scientifically fit shoes, appliances and other devices that are designed and recommended for specific purposes and nothing more. It gives no one the right to give treatments of any kind whatsoever and the instructors wish to make it clear that its graduates should not deviate from the instruction given herein.

Nearly every State in the Union has laws governing the practice of Chiropody, and the giving of treatments or the cutting of corns or callosities would be, in most instances, a violation of the Chiropody Act.

Each and every student enrolled is duty bound to do his best, to concentrate his efforts and to honestly pursue his studies of the course until they are completed.

The simplest way to proceed with the study is by commencing with Lesson No. 1, thoroughly mastering it, and be able to answer the review questions before proceeding with Lesson No. 2. Then complete Lesson No. 2 before studying Lesson No. 3. Then when the entire five lessons have been studied by you and you are ready to answer the examination questions notify this school and a set of examination questions and blanks for replies will be sent you. This examination paper will then be corrected and graded and you will be notified whether your grade is high enough to entitle you to be graduated. Should it not be, you can study further and then take a new examination. Do not send in answers to review questions.

Students are invited to write to the instructor of the school on any point not clear.

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TO THE STUDENT:

The purpose of this course is to teach the fundamental basis of foot comfort, i. e., Anatomy, so as to understand thoroughly the functioning of the normal foot, to understand the positions and locations and bones of the foot, the different types of feet, weaknesses and foot troubles and how they develop and how they may be relieved and permanently corrected by properly fitted shoes and scientifically constructed and adjusted appliances.

This Home Study Course naturally requires study and close attention, but as you progress you will find many important points that you can make use of every day. This is especially true of the shoe fitter.

The instructor advises every student to have a skeleton of the foot to refer to, if it can be obtained for study purposes.

Study this lesson carefully and when you have completed your study, go over the review questions before proceeding with the study of Lesson No. 2.

American School of Practipedics

211 W. Schiller Street

Chicago, Ill.

ANATOMY

To the Student: Anatomy is a very important branch of the study of Practipedics. It is very essential that you thoroughly understand the human foot and the various parts that go to make it such an important and useful member. Please read carefully, and refer to the easily understood illustrations as you go along. If there are words you do not understand the significance of, you should obtain a copy of the "Dictionary of the Foot" so as to be able to properly pronounce the words and understand their meaning.

LESSON No. 1

ANATOMY OF THE FOOT

The foot is composed of bones, muscles, ligaments, tendons, nerves, arteries, veins, fat tissue substance, skin and nails.

BONES

The skeleton or framework of the human foot consists of twenty-six bones arranged so as to permit considerable movement at the various joints.

The bones act as a framework or support to the fleshy part. The study of the bones is very important, particularly for the Practipedist, in that most all foot troubles, such as treated by the Practipedist, result from some abnormal positioning or displacement of the various bones.

Another reason why the bones or framework should be carefully studied is that they serve the purpose of easily recognizing the cause of the ailment, because in Practipedics, after relief is given the cause is corrected.

The bones of the foot are irregular in shape and vary in size from the largest bone, which is the Os