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Partial paralysis of the leg causes Foot Drop, preventing one from lifting their foot. The effect is patient instability, jerky walking, and difficulty climbing stairs. It is often described as 'food dragging' or 'the foot slapping the ground.' It affects patients who are victims of neurological disorders such as multiple sclerosis, spinal cord injuries, brain injuries, or stroke.

Someone with Foot Drop tends not to walk as much as they once did, which contributes to weakened muscles over time. Such a patient does not have the ability to curl their toes or point their toes up. This actually makes is quite difficult to engage in numerous activities. First and foremost, their gait is affected while walking. Normally, a stride advances from toe lift through foot lift, to heel contact at the end of the stride. However, a person with Foot Drop must drag rather than lift their foot while walking or raise the knee to be able to accomplish foot lift. Secondly, they cannot dance, run, drive, or enjoy normal activities everyone else does.

Foot drop is defined as the loss of ability to raise the foot at the ankle and naturally that leads to difficulty in walking. If you are suffering from a foot injury, you are at a much higher risk to develop foot drop syndrome. Should this malady find you, you may need a Foot Drop Splint to support the anterior muscle which is used for lifting your foot. Patients with this kind of injury use the hip muscles to lift the foot above the ground.

The goal of Foot Drop Splint is to provide the patient with a more normal walk. It offers support to the patient at the foot and ankle, enabling them to walk without having to lift their leg excessively. It is also useful for helping shock absorption. It works to steady the patient's gate and aids in preventing them from falling in the case of balance loss. There are several effective kinds of braces for foot drop and they come with unique pros and cons. While some of standard versions offer a set level of protection, there are models that can be customized.

They happen to runners who are new to the sport and push themselves too much, runners who suddenly increase their mileage too excessive and runners who change their running terrain to harder or steeper grounds. Lower legs take the impact of two to three times our body weight every time we take a step while running. Each leg does about eighty to ninety steps a minute. That's a lot of impact on your lower legs.

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