

The Foot Story







JOHN M. HISS
Osteopath

Dr. John Martin Hiss The "Ten-Fingered Osteopath" 1949





Boots worn by A.T. Still, Museum of Osteopathic Medicine, [1981.007.01]

Dr. Scholl's Metal Osteopathic Foot Support

Donor: Museum Education Collection [x2015.04]

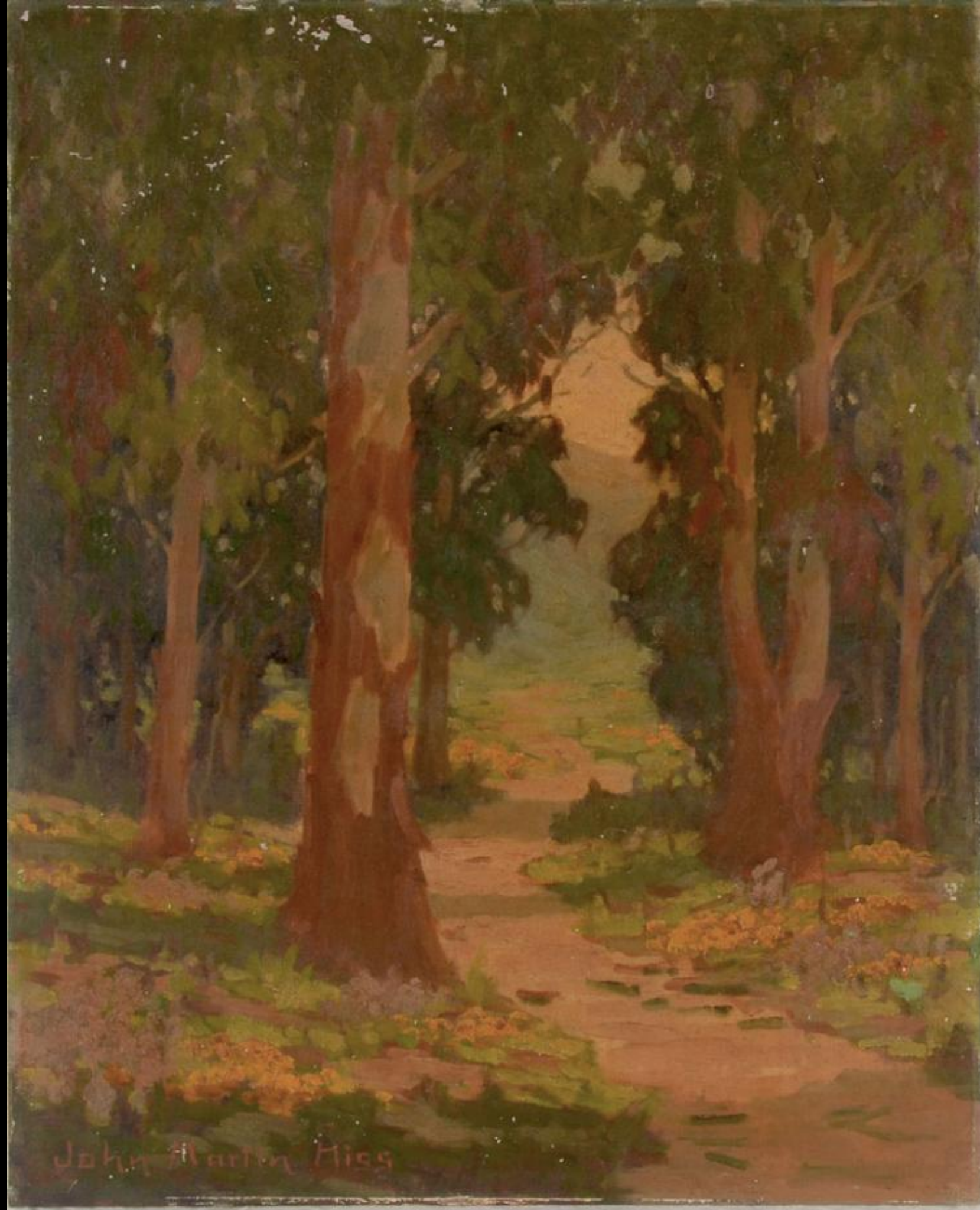
Reproduction of A.T. Still Boot and Insert

In a letter written to Dr. Charles Still Jr. from Dr. Earnest E. Tucker (ASO '03), the latter described Dr. A.T. Still's footwear: "On his feet were boots - 'Missouri mud boots'." Reminiscences of A.T. Still by E.E. Tucker, 1950
Charles E. Still Collection
Museum Education Collection [X2014.01]





The Dockyard

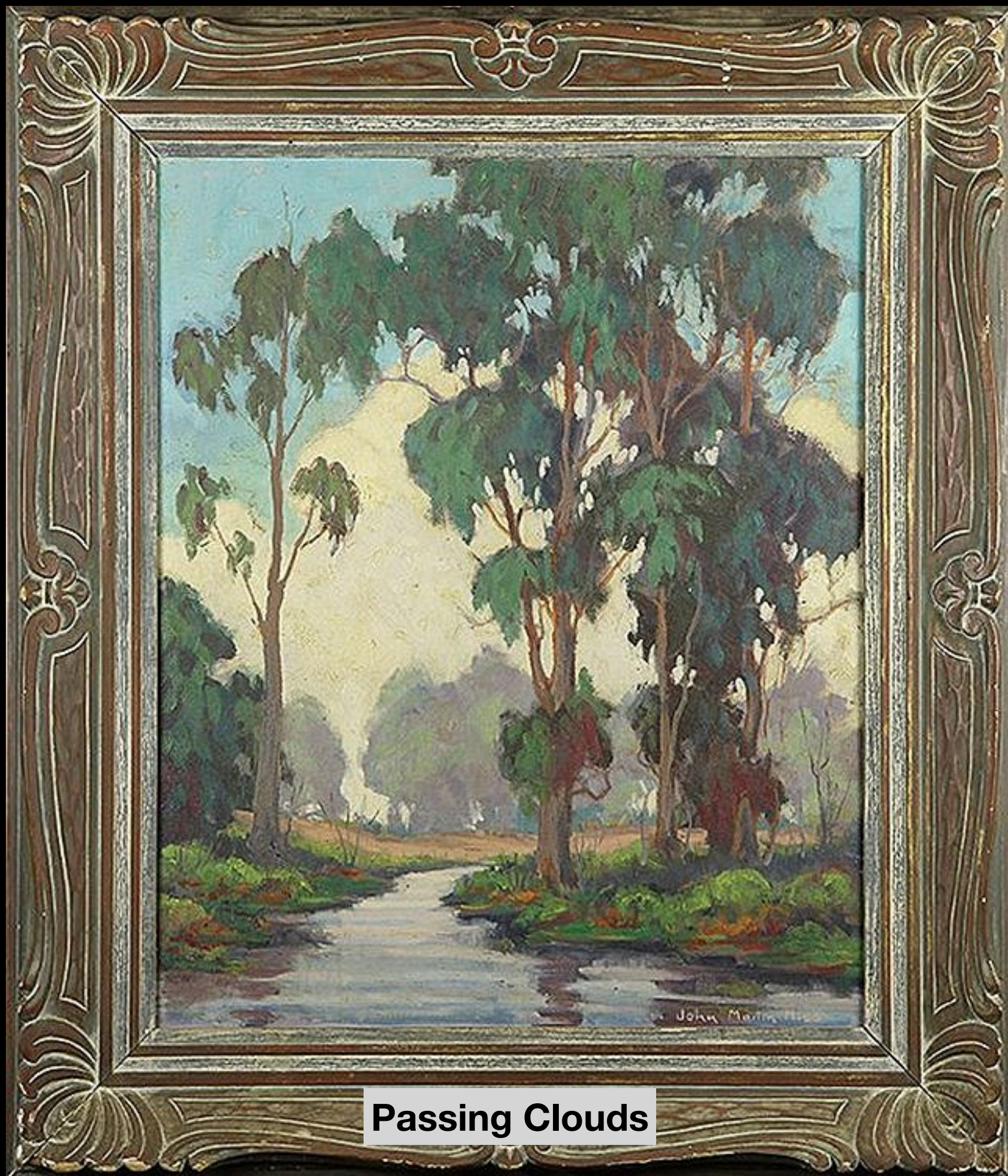


John Martin Hiss

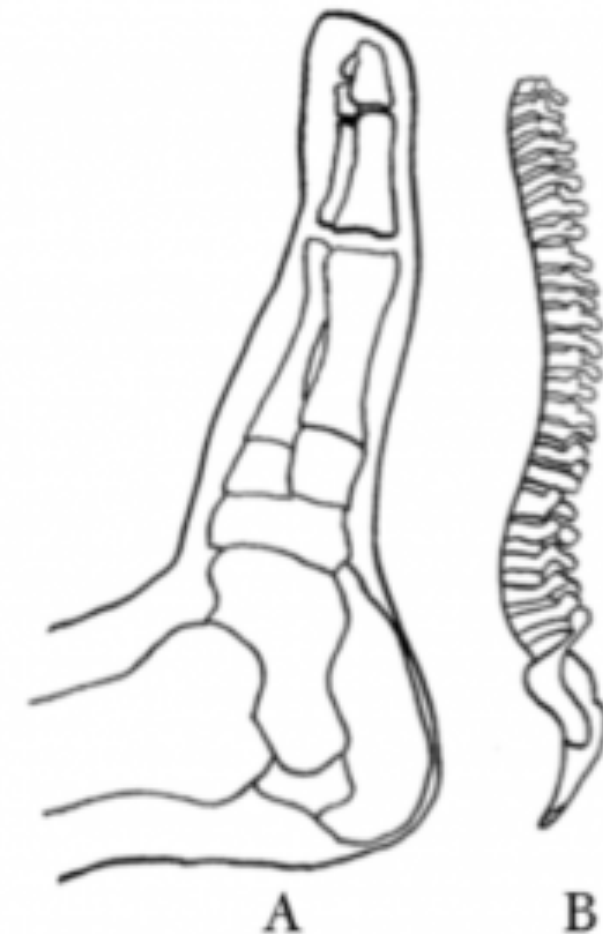
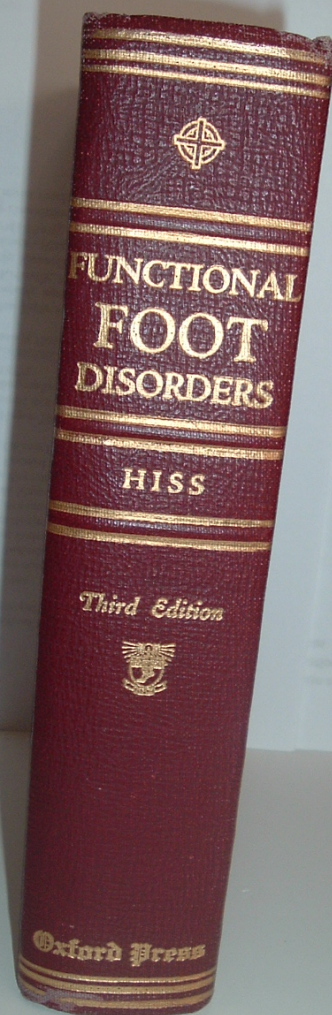




Path Through The Woods



Passing Clouds



FUNCTIONAL FOOT DISORDERS

A Text-Book

by JOHN MARTIN HISS, B.Sc., D.O., M.D.

Surgeon in Chief Dr. Hiss Foot Clinic
Attending Orthopedic Surgeon
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Los Angeles

Written for:
Students, Doctors and
Shoe Men

OVER 196 PAGES \$4.50 109 ILLUSTRATIONS

THIS BOOK is written especially for students, doctors and shoe men. Coming from the pen of Dr. Hiss at a time when the whole country has become foot conscious, it takes an important place in contemporary literature on feet. This text book is written from the standpoint of a busy clinician, whose experience covers over a quarter of a million treatments to feet. Consequently only those points that have practical application in treatment are considered.

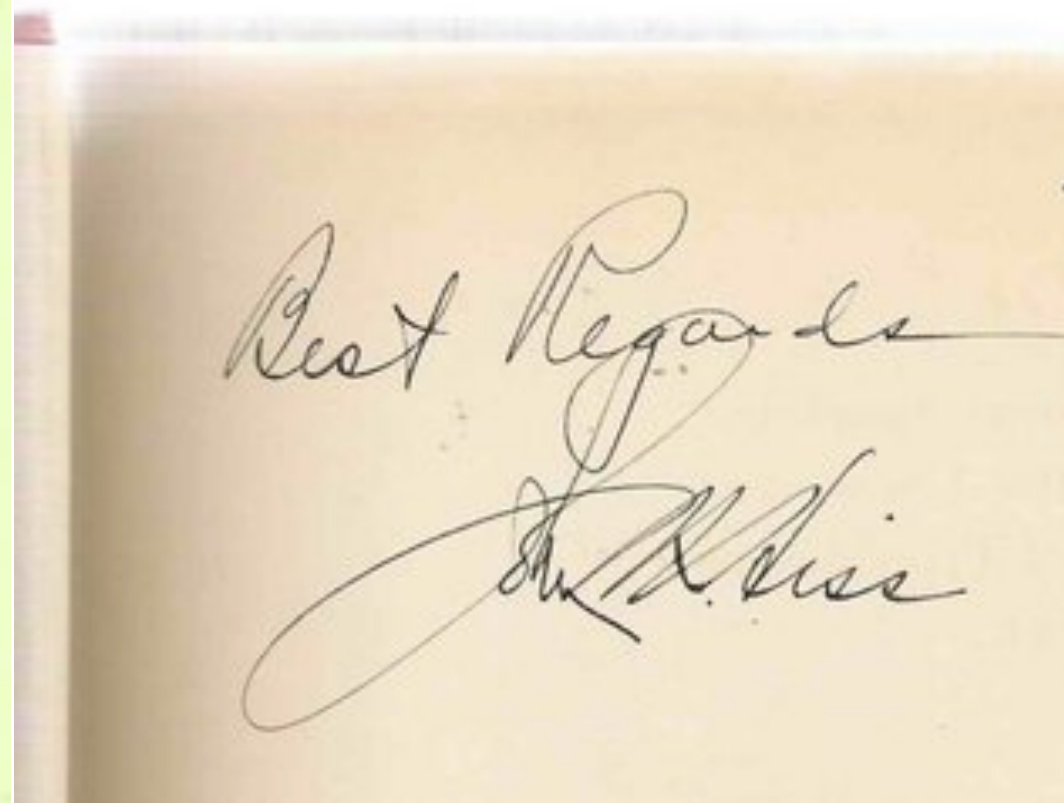
Not only are feet classified, but each type foot is thoroughly discussed as to etiology, diagnosis, pathology, functional changes, treatment, and shoe fitting problems. This is an intensive text book.

COMFORT VARIES DIRECTLY WITH FUNCTION

This is a law that Dr. Hiss believes has existed since the time of primitive man. The significance of this law can only be appreciated by a study of the book, "Functional Foot Disorders." The tenderness with which he explains old theories adds interest to the subject-matter as he expounds new theories to support them. A glance at the Table of Contents on the following page will be convincing that the work is comprehensive and complete.

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The Staff Recorder

PROCEEDINGS OF DR. HISS CLINIC STAFF

TREATMENT AND CARE OF THE FEET

by JOHN MARTIN HISS, B.Sc., M.A., D.O., M.D., S.D.
Department of Orthopedic Surgery, Dr. Hiss Clinic

THREE out of four adults in these United States suffer with some form of foot trouble. Just what this means in volume of suffering, I have had some occasion to witness. Probably the sum total of pain from ailing feet is greater than that from all other diseases combined. This is because impaired feet are so prevalent, and because we are obliged to continue our daily toil in spite of the pain. But the appalling fact is that practically all this suffering is needless.

The foot is a delicately balanced mechanism, much more complicated than the finest watch. To retain foot comfort one must maintain this perfect balance. The maintenance of this balance depends upon good foot function.

About ninety-five per cent of the shoes made to-day disturb the delicate balance of the feet, to the extent that they cannot withstand the jars and mis-steps, incident to walking on the hard sidewalks of our modern civilization. Foot function is upset. All this results in either tension, or locking of the joints, strain in the muscles, limitation of foot motion, or a combination of all of them. The direct consequence is discomfort—aches and pains in the feet, legs, knees, thighs and back.

Just so long as this amazingly balanced function can be maintained, the feet will be comfortable. No matter how ugly and deformed your feet may appear, if they can be made to function at least eighty-five percent of normal, the pains will disappear.

Now let us demonstrate what is meant by foot function. Simply stand on one foot (without shoes) and try to maintain your balance for a few minutes, without support. If function is normal, balance will be maintained with perfect ease; if function is impaired, balance will be maintained with difficulty. You will tire in a very short time and at the end of two minutes, suffer foot and leg pains. Observe what happens: at once the inner side of the foot comes into rapid play, with slight, constantly fluctuating adjustments which it finds necessary for the sustaining of body balance; the outer side of the foot remains comparatively immobile and your entire weight tends to focus upon that

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