

Chiropractically Speaking...

From the Feet Up

For a large number of patients who seek chiropractic care for back pain, the cause of their spinal and pelvic stress and distortion is altered foot biomechanics. In other words, feet that roll inward (pronate) or outward (supinate) force the ankles and the leg bones out of position, causing musculoskeletal stress and strain. In most cases, there is no foot pain at all.

In addition to expert spinal adjustments to ease the discomfort of this abnormal posture, the doctor of chiropractic will often prescribe orthotics, special shoe inserts designed to correct the foot imbalance and help support the body properly.

The orthotics create a more symmetrical foundation for the body and so inhibit the biomechanical stress that goes up the legs and spine. They provide some heel strike shock absorption especially needed for feet that roll in or out. In some cases, orthotics can even "re-educate" the feet and improve the natural gait.