



Recurrent Back Pain and the Shoe Orthotic Connection!

If you have been experiencing back or hip pain on a recurrent basis, there may be a connection to how you walk and stand.

As we walk, there is a fine inter-play between lower extremity movements and spinal balance. Normal gait (walking) causes predictable, repetitive motions to occur from the feet into the lower extremities, up through the pelvis and spine, and up to the head.



Because a smooth, symmetrical gait is closely tied to proper vertebral function; abnormalities in one or both feet can cause spinal subluxations to develop and to recur.

Biomechanical abnormalities are much more common and are frequently the source of persistent symptoms seen in our office.

In fact, the biomechanical function of the foot is a vital function component in the normal actions of the musculoskeletal system, and it impacts the pelvis and spine very specifically. Whenever there is a chronic or persistent subluxation complex, a search for the underlying factor must include the feet and lower extremities.

This is why we, at Mowry Chiropractic perform evaluations on knees, ankles, feet, shoulders, elbows, wrist, and fingers for biomechanical function. We also adjust these joints to correct these abnormalities and then provide additional support for the long term strengthening and correction of these underlying dysfunctions.

Call today to schedule your Orthotic Evaluation!

References:

¹ Yekutiel MP. The role of vertebral movement in gait implications for manual therapy. J. Man. Manipulative Therapy. 1994 2:22-7