

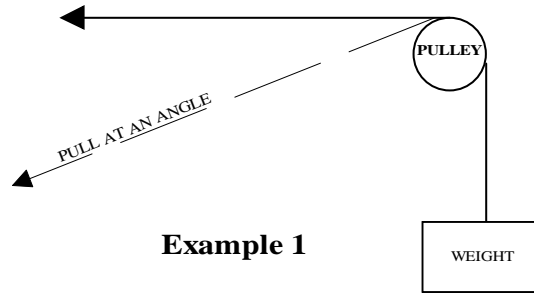
BACK PAIN, SCIATICA AND YOUR FEET

WHY CAN YOUR FEET MAKE YOUR BACK AND LEG HURT?

Back pain is suffered by millions of people annually and is often treated utilizing chiropractic spinal manipulation successfully. In 1994, The Agency for Health Care Policy and Research listed spinal manipulation as one of the three recommended ways to treat acute lower back pain. Unfortunately, many people continue to experience back pain reoccurrences. There are many reasons for this although the most common reason for chronic lower back pain is foot dysfunction. It is a commonly misdiagnosed and overlooked problem causing a lifetime of back pain, leg pain, foot pain and for some people, recurring sciatica for those who have this problem.

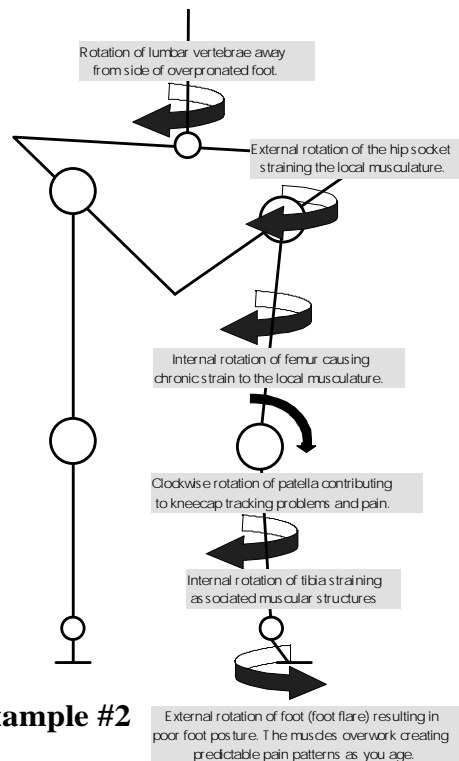
Think about it; did you ever suspect your feet could be making your back and leg hurt? When was the last time your doctor thought to look at your feet when examining your back, knee, sciatic, shin or hip pain? For most people with these symptoms, they never suspect their feet could be the reason. Too often, doctors ignore the feet as a source of chronic back and leg pain. Often, doctor's only look at the site of pain and do not look at the entire function of the back, leg and foot.

Foot posture is commonly inherited with back pain and leg pain common in families. The resulting problem typically shows itself at the age of 3 - 4 years when a child's legs continue to grow and their feet begin to rotate out. Due to genetics, your foot may rotate too far, creating poor leg mechanics setting the stage for back pain and/or sciatic pain later in life. This type of dysfunction is called foot overpronation.



Example #1

The effects of foot overpronation can be understood using this simple analogy. Your leg is a system of pulleys (see example #1), and it is easier to pull a pulley from directly in front of it than way off to the side of it. Pulling off to the side is inefficient and requires greater effort. A foot that is overpronated creates mechanical



Example #2

dysfunction in all the joints in the leg, hips and back in a similar fashion. We call this series of joints a kinetic chain (each joint affects the next) and an overpronated foot causes this kinetic chain to dysfunction. Your muscles overwork with foot overpronation because it behaves as an inefficient system of pulleys when the joint alignment deviates from what is considered normal (example #2). Because of the increased stress on the side with poor mechanical function, the muscles will shorten over time and be prone to cramping, tightness, injury, weather sensitivity and other pain syndromes. The problem usually surfaces gradually and will occur at an earlier age depending on your athletic activities, weight and severity of the condition. Dysfunctional feet may cause anything from shin splints, calve cramps, back pain, groin pain, knee pain and sciatica.

ORTHOTICS-IMPROVING LEG AND BACK FUNCTION

Foot overpronation is typically treated using devices called foot orthotics. These are custom casted from your own foot. Ideally, your foot should be in a position called neutral. Neutral positioning of the foot upon casting the orthotic assures proper leg mechanics when the orthotic is worn. This significantly reduces the stress on the leg and back and will reduce lower back fatigue and excessive wear and tear.

Orthotics must be worn daily. Without them, there is no correction to your foot posture, which means more stress on your back. Since foot posture is genetic, you must always wear orthotics. The condition is not permanently correctable.

SENSIBLE TREATMENT UTILIZING MYOFASCIAL RELEASE TECHNIQUE, FOOT ORTHOTICS, SPINAL ADJUSTMENTS AND EXERCISE

While a well made foot orthotic will change the way your leg works, you still need to undo the changes that occurred to the muscles over the years the problem existed. Think of foot orthotics as a brace that only works while it is worn.

Since foot overpronation affects the entire leg and back, it only makes sense that to treat this in a most complete manner, the entire leg must be treated. Myofascial Release Technique (MRT) is an effective and reliable way to do this. Using MRT, the doctor can release or loosen the shortened muscles in the leg and back. The doctor will treat the pattern of dysfunction in the leg, since all the muscles in the leg with the dysfunctioning foot are shortened, weak and poorly functioning. The doctor will also free up any nerve root adhesions which may be causing sciatica, groin pain and other types of discomfort.

Exercises are then given to strengthen the muscles the doctor had worked on. Shortened muscles are weak and when the muscles are released using MRT they are still weak and easily damaged. Exercise usually consists of low weight, high repetition exercises designed to build up muscular endurance.

Spinal adjustments are also necessary to restore normal lower back mechanics and restore normal nerve flow to the region. Extremity adjustments are used to help restore normal leg and foot mechanics. With properly functioning

muscles, the joints in your back (vertebrae) and leg can now function more normally with stronger, more flexible musculature in the lower back and leg which is more resistant to injury.

In summation, this approach restores strength and integrity to the kinetic chain which can help prevent foot pain, leg pain, knee pain, shin pain, meniscus problems (due to non traumatic injury), lower back injury and sciatica.

The need for morning flexibility exercises (traditional approaches) can be greatly reduced or gone altogether using this approach. Typically, normal morning stiffness and weather sensitivity may no longer be present using this approach to treatment. Proper application of MRT can also significantly cut treatment times while improving long term results of treatment.

If another, more serious problem is suspected once care begins, the doctor will send you out for any tests he feels appropriate to further diagnose the problem.

<http://www.backfixer1.com>

*"Improving the quality of life one
spine at a time"*



**CHARSCHAN CHIROPRACTIC
AND SPORTS INJURY ASSOCIATES**

490 Georges Rd. No. Brunswick, NJ 08902
William D. Charschan D.C., C.C.S.P., Director
(732) 846 - 6400

Satellite office

1281 Raritan Road. Scotch Plains, NJ 07076
(732) 846 - 6400

*Designed by William D. Charschan D.C., C.C.S.P.
Copyright © 1997. All rights reserved.*

BACK PAIN, SCIATICA AND



YOUR FEET