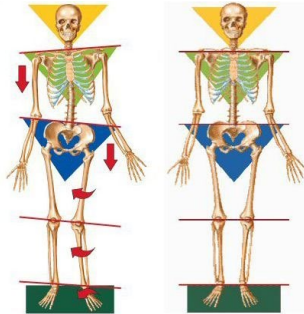


Flat Feet and Knee Pain

Nearly one-fourth of men and women over the age of 55 report having knee pain almost daily. At least half of these adults show signs of osteoarthritis when evaluating their knees on x-ray images, and many will exhibit signs of cartilage damage visible on MRI. Despite the high prevalence of knee arthritis, the cause remains poorly understood in the medical arena.

When you search through the research and literature that's been published on knee biomechanics, knee injuries, and knee arthritis, there is much evidence that knee pain and arthritis is related to abnormal mechanical loading of the knee joint.

Excessive stress to the knee can result from factors that cause abnormal biomechanical function and joint misalignment.



Much of the medical research focuses specifically on knee biomechanics and misalignment. The foot plays a substantial role in absorbing shock and ground forces during the gait cycle. Normal arch structure of the foot is paramount in minimizing the abrupt shock and rotational stress to the knee with each step while walking or stride running.

When the foot begins to lose its healthy arch structure, it will demonstrate signs of excessive pronation while walking and running. Pronation is a natural movement as the medial arch of the foot moves downward during the mid stance phase of the gait cycle in order to absorb shock from ground reaction forces. However, overpronation is a dysfunctional movement, signifying a structural problem involving the ligaments, tendons, and joints of the feet.

When the foot loses its healthy alignment, it will lead to arch problems, overpronation, and often times flat feet. A large percentage of people develop flat feet during their lifetime due to injury or sustained stress to the tiny bones and joints of the feet. **This foot dysfunction will eventually affect the knees, cause chronic knee pain, and in some cases, it will even cause an erosion of the knee menisci (joint cartilage).**

Many people past the age of 50 to 55 years old will develop chronic knee pain in one or both knees. Knee surgery should be the last option on the list. Most knee conditions stem from a misalignment pattern that has become chronic over many years.

Chiropractic adjustments to the feet will help restore better arch function, and improve the biomechanics of the entire lower extremity. This will have a profound effect on improving or eliminating knee pain or dysfunction.

Be Aware of Back-to-School Injuries

The school year is getting started and as a result many children and teens are going to become engaged in seasonal sports and activities. Injuries from competitive sports are fairly common and parents need to be aware of their options if they are faced with choosing the best solution for a child's injury.

You may be concerned about broken bones from contact sports but it's more likely that an active child will suffer injuries to the muscles, tendons and ligaments. These are referred to as "soft tissue" injuries.

Even if your child isn't involved in sports they are susceptible to sprain/strain injuries from simply playing hard or roughhousing with other children. One of the most common sprain/strain injuries occurs when your child twists their ankle and develops an ankle sprain.

Ankle sprains can occur as a result of many different types of activities such as jumping and landing on an uneven surface, or by walking on rough terrain and accidentally rolling the ankle.

A sprain by definition means that the ligament between two bones has become over-stretched and possibly torn. A ligament is a cord-like, fibrous band that functions to hold two bones together.

The only possible way for a sprain to occur (a ligament to become overstretched) is for two bones to be forcibly moved apart from one another. Only a few millimeters of abnormal movement is necessary to damage the ligament. The stress on the ligament from the two bones moving in opposite directions is what causes a sprain injury.

This type of injury always results in one or more bones becoming slightly misaligned in the area where the sprain occurred. Therefore, when a child suffers an ankle sprain, that means one or more bones in their ankle or foot have become misaligned.



Chiropractic adjustments to the ankle and foot following an injury can significantly reduce joint stress, improve strength, and restore healthy range of motion. Gentle chiropractic adjustments are safe and effective, and will help a sprain/strain injury recover much more quickly.

Keep In mind that sprain/strain injuries can also affect other joints of the body such as the knee, wrist, elbow, shoulder and spine.

It is very important to come in for a chiropractic evaluation as soon as possible after suffering a sprain/strain injury. If you have school age children, we hope they have a healthy return to school, sports, and remain injury-free.