



Ripple Effect



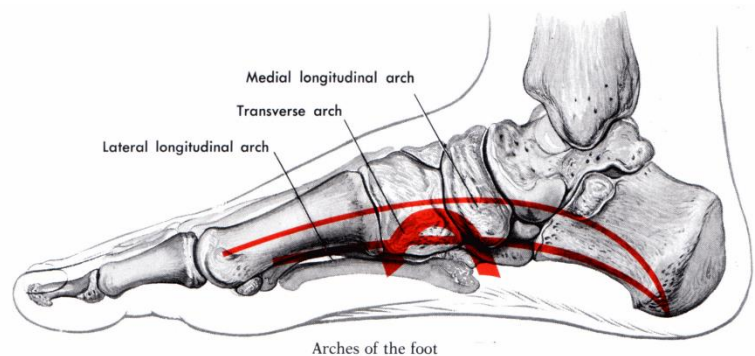
The importance of properly aligned joints in the foot and knee. The old saying of what connects the foot affects the knee, affects the pelvis, and low back is very true. By gaining proper movement between the joints of the foot and knee, and creating strength where there needs to stabilization can help your back pain. Think about how your body moves and the fluidity when working correctly. Everything is connected and even the fascia in your body has connective tissue.

The feet joints are rich in mechanoreceptors, and proprioceptive nerve endings that communicate with your brain. The thousands of nerves through the feet help to balance your body in space. When the bones in the foot are in proper alignment and adjusted there is more efficient communication between your head and your feet. To treat faulty movement, we look at the body as a whole and sometimes the problem is in the feet. Creating better movement. Creating better function.

Overpronation is when the foot arch collapses which causes the ankle to roll down and in. This in turn causes medial rotation of the knee stressing that part of the joint more. The medial rotation causes the anterior chain and hip flexor musculature to rotate the hips and pull on the back muscles.

Now, you experience a sore back but your feet don't necessarily hurt. This kinetic condition can be caused by problems in the foot or come from

dysfunction in the hips and pelvis taking function full circle.



Cibulka, M. T. (1999). Low Back Pain and Its Relation to the Hip and Foot. *Journal of Orthopaedic & Sports Physical Therapy*, 29(10), 595-601. doi:10.2519/jospt.1999.29.10.595



