

My feet are a pain in the neck...

“Heh heh heh!”

It’s really not funny, because this can actually be true.

“No!”

Yes. Did you know that your feet can cause back pain?

Yup, they might just be the culprits.

Feet can also cause knee pain, hip pain, and even neck pain.

Here’s the skinny:

Our feet are our foundation – everything else rests on top of our feet.

If our foundation is off-center, or tilting, or not moving correctly, everything above it will also be off-center, or tilting, or not moving correctly.

So, if your feet have problems, it’s likely that after a time the problem will move on up to your legs, hips, back, and even neck.

We screen for foot issues. People with the most severe problems are often referred to a podiatrist, but many foot issues can be resolved with orthotics: shoe inserts that balance the foot or an adjustment of the bones in the feet.

The body gets balanced faster when using orthotics in unison with a comprehensive Chiropractic treatment program. Athletes experience less wear and tear on their knees because of using orthotics.

Let’s talk about your feet next time you’re in the office.