

A Solution for Knee Pain

We've been seeing a greater number of patients complaining of knee pain. It may be due to weather changes, post holiday stress, or as a result of increased knee stress related to a new exercise routine carrying out those New Year's resolutions. Whatever the cause, there is a solution readily available to you.



There are several possible causes for the specific knee pain you may be experiencing. If you have pain behind the knee cap you may notice that climbing stairs or walking downstairs increases that pain. Pain deep inside the knee may become worse as you bend into a squatted position or remain seated for prolonged periods. Knee pain on the sides of the knee is often related to walking on uneven terrain, repetitive twisting movements, or being active for extended periods of time.

Did you know that chiropractic adjustments to the feet and knees can make a positive impact on reducing or eliminating those knee pains you may be suffering from?

The knee is a "hinge joint" similar to the hinge on a door. Unlike the hip or shoulder joints, which move in multiple planes of motion, the knee is designed to only move in one plane (flexion and extension). Because of its limited range of motion, the knee is vulnerable when the ankle, leg or hip becomes abnormally rotated or misaligned.

The knees depend upon the feet, ankles, leg and hip bones and joints being properly aligned in order to maintain their healthy function. When any of those bones or joints loses its healthy alignment, you may begin to experience symptoms of pain, stiffness or popping in the knee joint.

Do not allow your knee problem continue without having it checked for misalignments. When knee joint misalignments are left uncorrected, the cartilage (meniscus) inside the joint will begin to erode and wear down. This is known as degenerative joint disease or osteoarthritis.

Maintaining healthy alignment of your feet, legs and hips is one of the most important things you can do to proactively prevent against degenerative arthritis in the knee joint.

Our clinic takes great pride in being equipped to successfully treat most musculoskeletal knee conditions. We would love to help if you or someone you know suffers with knee pain or reduced function. Please call to make an appointment for yourself or anyone you would like to refer for a knee evaluation.

Bed Sheets Can Aggravate Your Foot Condition

If you suffer from frequent episodes of foot pain you may have experienced a worsening of symptoms either during your sleep or upon awakening. Foot pain first thing in the morning, especially heel pain, is a relatively common complaint amongst foot patients; however what about foot pain that wakes you up in the middle of the night?

You may have never considered that your bed sheets might be a culprit in your foot pain saga.

Depending on how tightly your bed sheets are tucked in near the foot of the mattress would have an affect on whether or not you'll develop nighttime foot discomfort. Hotels and hospitals are two places that often make up the beds every day in such a fashion that would give most foot pain sufferers additional stress.

Bed sheets are normally tucked in at the foot of the mattress, then pulled tightly upward toward the pillows. This ensures beautifully flat bed sheets and comforter. The problem arises when you slip into bed each night and fail to loosen the tucked bed sheets enough to create ample space for your feet to rest in a relaxed position.

Tightly fitted bed sheets will have a negative effect on your feet throughout the night. This is because your feet will be forced into a plantar flexed position, kind of like when a ballet dancer goes to point. It's especially noticeable when you're lying on your back.

The solution is an easy one. Every night before you get into bed, reach under your bed sheets near the foot of the bed and pull them out enough to create room for your feet. You may even find that by pulling your bed sheets out completely at the foot of the bed will provide your feet the most comfortable night sleep they've had in a long time.

Certain foot conditions may be so severe that even the weight of the bed cover alone will aggravate your foot or toe pain. Although rare, when this happens we normally recommend to these patients to pull the end of their sheets up so they rest near their ankles versus covering over the tips of their toes.



If your bed sheets are causing your feet pain, you're likely suffering from a foot pain condition that would respond favorably from a chiropractic foot adjustment. Wouldn't it be nice to get your feet corrected so you can sleep comfortably throughout the night without foot pain?