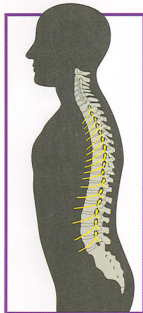


The doctor of the future will give no medicine, but will interest patients in the care of the human frame, in diet, and in the cause and prevention of disease.

—Attributed to Thomas Edison



What Is Chiropractic Care?

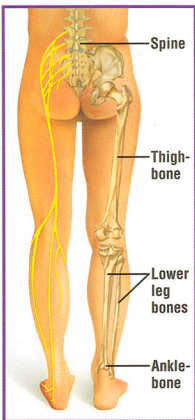


Chiropractic is a natural method of health care that treats the causes of physical problems rather than just the symptoms. Chiropractic is based on a simple but powerful premise: With a healthy lifestyle and normally functioning nerves, joints, and spine, your body is better able to heal itself. That's because the spinal cord, which is protected by the spine, is the main pathway of your nervous system. It controls movement, feeling, and function throughout your body.

Your chiropractor has at least six years of professional training in the sciences and health care, leading to a doctor of chiropractic (DC) degree. He or she works to restore your health and guides you in a personalized approach to overall wellness.

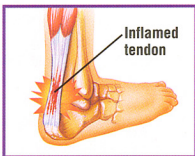
What Causes Foot & Ankle Problems?

Your foot is built to withstand motion and pressure. Bones provide the framework. Soft tissue—muscles, tendons, and ligaments—keep the bones stable and control movement. Bones and nerves in the leg connect the foot to the spine. Too many hours on your feet, sudden movements, or misaligned joints can lead to soft tissue and other problems.



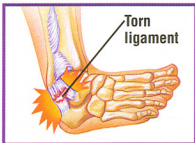
Tendinitis

Overuse can cause the **tendons** (tissue that connects muscle to bones) in your heel and the bottom of your foot to become inflamed. This leads to pain and swelling.



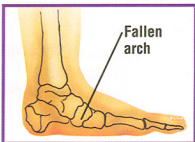
Ankle Sprains

Sudden sideways movements can tear the **ligaments** (tissue that connects bones) in your ankle. This causes swelling, bruising, and pain.



Flat Feet

Weak leg and foot muscles can cause the **arch** (the bones that support your foot) to collapse, or fall. This leads to foot and leg pain, fatigue, and other problems.



Can Chiropractic Care Help Me?

Your doctor of chiropractic looks at your overall health—focusing not only on your feet but also on your lifestyle. This total approach to wellness helps determine the best treatment for your problem.

History

To help find the cause of your foot or ankle pain, you and your chiropractor discuss your symptoms, any prior injuries, your health history, and your lifestyle, including sports and work activities.

Physical Exam

Physical, orthopedic (bone and muscle), and neurological (nerve) tests can help reveal the condition of your foot and ankle. Your chiropractor gently moves your foot to check for pain and restricted range of motion. He or she may also check your gait (the way you walk), your posture, and the fit and wear of your shoes.



X-rays

As “blueprints” of your bones, x-rays can help rule out other causes of foot pain, such as fractures or bone spurs. Other tests may be done, if needed.

Diagnosis

Based on the results of your exam and tests, your doctor of chiropractic will recommend a treatment program to reduce pain and improve range of motion. If needed, your chiropractor also consults with or refers you to other medical specialists.