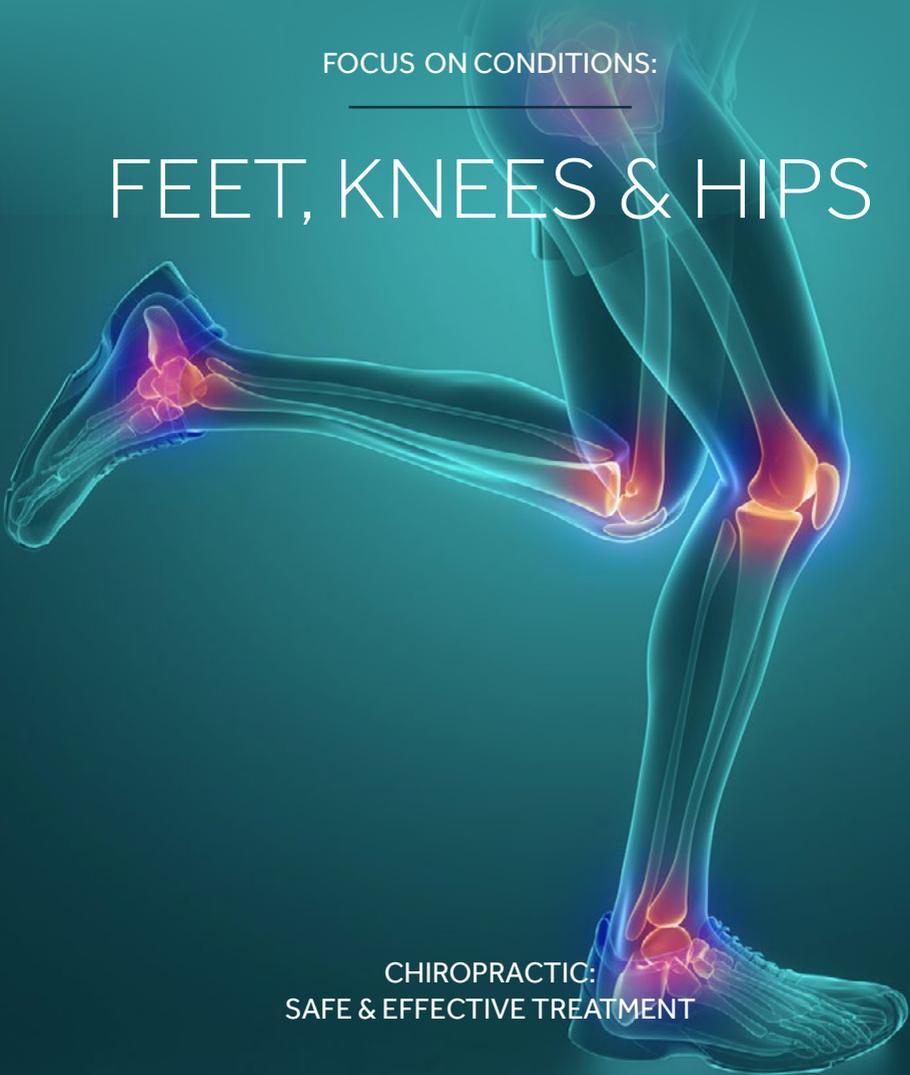




newbury
CHIROPRACTIC CENTRE

FOCUS ON CONDITIONS:

FEET, KNEES & HIPS



CHIROPRACTIC:
SAFE & EFFECTIVE TREATMENT

Tel: 01635 48088

www.newburychiropracticcentre.co.uk

FEET, KNEES & HIPS

Your feet, knees and hips are in constant use throughout the day.

Chiropractors are trained to look at how the hips, knees and feet affect – and are affected by – the rest of your body, especially your spine.

This leaflet provides advice on some of the more common problems with the lower limbs and how they can be helped.

Feet & ankles

Most of us will have twisted an ankle at some stage of our lives. The most common injury to the ankle, the 'common ankle sprain', is usually caused by turning it in, such as when wearing high heels, or turning it over by stepping on a stone or the edge of a kerb.

Occasionally, the end of the bone on the outside of the ankle breaks. More often, however, it is the ligaments of the ankle on the front and side that tear and produce swelling and bruising.

It usually takes between four and six weeks to recover from the immediate injury but sometimes the joints and ligaments of the foot don't fully recover. This can cause problems to recur in the ankle or other areas to be put under strain.

The ankle, or other joints in the foot, may remain restricted or the ligaments may not repair satisfactorily on their own.

Because the injury may have healed poorly in this way, it is common to roll the ankle and sprain it again after the initial injury.

Knees

The knee is the largest joint in the body and has a number of unique features to allow it to do its job: It relies on strong ligaments to keep the two bones together and has two sickle-shaped pieces of cartilage to allow the bones to fit well against each other.



The kneecap helps the pulley mechanism of the front thigh muscles to straighten the knee more effectively.

Bending and twisting actions often caused by skiing or football injuries can damage the ligaments and cartilages of the knee joint. With age, the joint both at the kneecap and at the main joint can be prone to wear and tear leading to osteoarthritis.

Hips

Arthritis is the most common hip problem (see below for more details on Arthritis).

Early signs include stiffness in the groin and often sharp pain on some movements. Early arthritis of the hip often causes pain in the knee and either of these symptoms can exist for years and not be recognised as the early signs of hip arthritis.

Again, hip problems can often cause strain on other areas of the body which may require attention to prevent problems.

Your chiropractor will recognise this as early as possible and be able to treat and advise you accordingly.

Osteoarthritis and Rheumatoid Arthritis

Arthritis is a term most people recognise but there are different types of arthritis.

Osteoarthritis is a degenerative joint disease and the result of "wear and tear".

Rheumatoid Arthritis is an auto-immune disease where the body attacks its own tissue - in this case the lining of the joints.

In spite of these differences, both conditions may benefit from chiropractic care. By enabling the joints to move as freely as possible and relaxing the surrounding muscles, the result of treatment is often reduced disability and pain.

FAQs ABOUT CHIROPRACTIC



What is Chiropractic?

Chiropractic is the third largest primary health care profession in the world after medicine and dentistry.

Who regulates the profession?

In the UK, Chiropractic is a fast-growing, independent profession regulated by the General Chiropractic Council.

How does it work?

Chiropractic places its emphasis on the diagnosis and management of problems affecting the nerves, muscles and joints of the body.

What can Chiropractors do?

Most people associate Chiropractic with the treatment of back pain, neck pain and headaches but Chiropractors treat many other conditions as well, including most ailments and complaints affecting feet, knees, hips, arms, shoulders and hands.

Chiropractors use an holistic approach that takes into consideration your overall health and lifestyle.

Although best known for manipulating joints (also known as 'adjusting'), Chiropractors utilise a number of different procedures in the course of patient care such as heat, cold, electrical stimulation, ultrasound, traction, postural support, exercise programmes and dietary management.

How can I find out more?

For more information on Chiropractic and to find out how your Chiropractor can help you, please contact us on **01635 48088**.