



Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7

Ph: (905) 840-WELL Fax: (905) 840 -LIFE

www.drjustineblainey.com

www.blaineywellness.com

## Hip, Knee, Ankle and Foot Problems

By William Owens and Mark Studin | April 2010

Just as it is less common for patients to know that chiropractors treat the arms and hands, it is equally common for people to miss that the hip, knee, ankle and foot also fall under chiropractic care. In a recent study published in 2009 by Brantingham et al, 2009, the authors reviewed all the research to date that was relevant to chiropractic and treatment of the hips, knee, ankle and foot. The research is growing at an incredible rate and is an important part of chiropractic's role in healthcare.

The authors reported "The data demonstrate that most chiropractors, based upon their professional training, routinely diagnose and treat extremity conditions" (p54). They also state "**Extremity treatment is the second most frequently applied procedure within the chiropractic profession, with 76.1% reportedly using spinal and extremity procedures as compared with 18.7% who limit their practice to the spine only**". (p54).

The following chart will help you to see what conditions fell under the review of this research paper and how many studies there were related to a specific condition.

<u>Condition</u>	<u>Responded to Chiropractic Care</u>	<u>Study Name and Date</u>
Hip Osteoarthritis	YES	Hoeksma et al 2004 Brantingham et al 2003 MacDonald et al 2006
Knee Osteoarthritis	YES	Deyle et al 2000 Deyle et al 2005 Tucker et al 2003 Moss et al 2007 Hillerman et al 2006 Cliborne et al 2004 Currier et al 2007
Ankle Sprain	YES	Pellow and Brantingham 2001 Green et al 2001 Coetzer et al 2001 Eisenhart et al 2003 Collins et al 2004 Vicenzino et al 2006 Lopez-Rodriquez et al 2007 Kohne et al 2007
Plantar Facitis	YES	Dimou et al 2004
Metatarsalgia (pain in the	YES	Peterson et al 2003

foot)		Govender et al 2007
Big Toe Pain	YES	Shamus et al 2004 Brantingham et al 2005

The authors concluded “Overall, when reviewing the increasing quantity and quality of included trials, manual therapy [Chiropractic adjustment] for lower extremity disorders appears to be of value and fundamentally safe”. (p66).

When it comes to your health, nothing is more important than your nervous system. That is why doctors of chiropractic will always screen your spine for evidence of Vertebral Subluxation while they are attending to problems in other areas of your body. If you are suffering with problems in your hips, knees, ankles or feet, chiropractic care has been show to have positive effects on symptoms and function. Consult with a local doctor of chiropractic today, you’ll be glad you did.