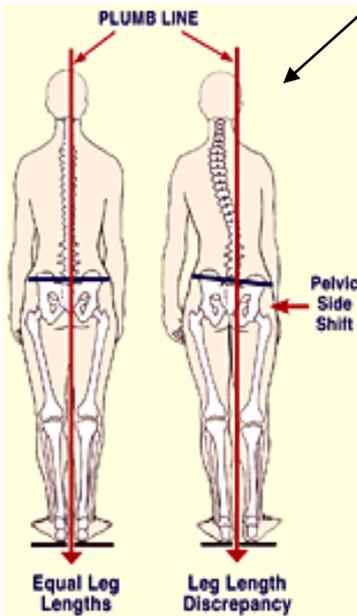


## It's time to give yourself a 'Lift'!

My wife, Linda, is five foot and half an inch! And I can tell you that the half inch is very important to her! However, regardless of our actual height, it is more significant that we are able to hold ourselves correctly and move freely without



pain. The ideal way to achieve this is by having good spinal alignment and adopting the best posture for our frame. Over time I have treated and observed many patients and have noted many causes for the onset of spinal misalignment. One main culprit is, Anatomical Short Leg (ASL). This is where one leg is shorter than the other, the cause can be genetic (i.e. born with it), traumatic (i.e. fracture), pathological (i.e. the presence of disease) or operative (i.e. hip replacement). One of the most common comments I hear when assessing a patient's leg length and finding one to be shorter is, "but everybody has a short leg". This is true, as a high percentage of people do have a short leg, mostly due to tension in the lower spine or pelvis which can cause a 'twist', resulting in a short (or long leg). Simple chiropractic manipulation can correct this problem making both legs equal. This is known as a Functional Short Leg.



This picture shows the effect of a right short leg on the skeleton; compare this to the 'perfect' posture on the left. The pelvis is tilted to favour the short side, in this case the right, and the spine compensates to the left to try and maintain an even posture. The result is a compensatory scoliosis (side curvature of the spine) from the pelvis to the base of the skull. As a result - headache, neck, shoulder, low back, hip, knee and ankle pain.

**Research review:** - 71% to 84% of all individuals have an ASL. The prevalence of an ASL has been well researched and documented over the years to the extent that "it is so common that it is considered normal". Not everyone with an ASL will develop pain, but a shortened leg greater than 5mm can have a more predicible outcome as far as discomfort is concerned. 75% of individuals with one sided low back and/or hip pain have an ASL of 5mm or more.

**What can be done?** The first thing is to assess the degree of leg shortening which can be physically measured or assessed via an x-ray, a method at the Practice which immediately identifies compensations the hips, pelvis and spine are making. A full body posture assessment can also indicate any leg length discrepancy. Spinal adjustment and follow-up treatment at the Practice will further relieve pain to the area, helping to restore balance and normal spinal function. As part of this treatment

and to help stop the problem returning I will perform a thorough gait assessment (the way in which you walk), and a heel lift analysis. This is where a heel lift (see small picture) is placed in the shoe of the shorter leg correcting the shortening effect and bringing postural alignment back to normal. By studying gait and looking at the way joints and muscles function in the spine, pelvis and legs it is possible for me to assess the way a patient is walking as poor gait will certainly exacerbate any injury or trauma. Foot assessment is also very important as collapsed arches (aka, flat feet) may give rise to issues involving the ankle, knee and hip, another cause of low back, shoulder and neck pain. Foot orthotics may be warranted in this situation.



Selection of heel lifts used to correct an ASL

If you would like more information please telephone, e-mail or write in total confidence. Alternatively, you could make use of the attached voucher, for a free 30-minute assessment.

*Michael*



*You owe it to yourself to make a change and to start enjoying life again!*

I would like to invite you to my Practice and take the opportunity of a **FREE** 30-minute Postural, Leg Length and Gait Assessment

*Michael I'Anson M.Sc (Chiro), Doctor of Chiropractic*

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