

Argus Orthopaedic Zone

Myth Busters, Orthopaedic Style

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Transforming patient information into patient understanding.

1. A bad back comes from lifting injuries over time.

Orthopaedic research tells us that lower back pain has a strong genetic component and the many different causes of back pain are connected to different genetic factors. The whole subject is horribly complex.

A non identical twin was 3 times more likely to develop back pain if the other did and identical twins were 6 times more likely to have back problems if the other one did.

No doubt injury and hard work contribute to a “bad back” but inheritance plays a major role it appears.

2. Heel spurs cause heel pain.

Probably not. The pain comes from inflammation in the tissues of the heel that attach to the area where the spur is. Spurs seem to form over time by the strong bands of tissue in the foot causing traction or irritation at the bone where the bands attach.

Very often I may take x-rays of both feet and see large spurs in each heel, and one foot hurts and the other one doesn't. So the spur itself does not actually cause the pain.

3. “I have hip arthritis and my doctor gave me an injection in the hip, but it didn't help.”

If you had an injection in the office you did not have an injection into the hip joint. That may be why it didn't help. Shots in the office go into the tissue around the hip.

To inject the hip joint itself, special x-ray equipment must be used in the hospital.

If the proper Ultrasound equipment exists in the office, it is possible to inject the hip joint there. Of course, this can be done in the hospital too if the Ultrasound equipment is available.

Injection into the hip joint is difficult and much different than the knee or shoulder. Knee and shoulder injections are routine in the office. More recently, Ultrasound guidance is used in our office for knee and shoulder injections also to verify the accuracy of the joint injection.

4. Gout attacks have nothing to do with weather.

Wrong. It is well documented that the risk of gout attacks doubles when the maximum daily temperature exceeds 87 degrees and humidity increases.

If you have gout what can you do? Drink plenty of water to stay well hydrated. Do not drink beer or alcoholic beverages because they promote uric acid production and may reduce excretion of uric acid.

Office Website and Argus Orthopaedic Zone Archive

I sincerely appreciate all of you loyal readers and patients present and future and welcome all newcomers!

Besides what you read today there is a huge treasure trove of Orthopaedic and musculoskeletal information at www.orthopodsurgeon.com. It contains the Website Library, Your Orthopaedic Connection and complete archive of every Argus article I have written.

I specialize in you. Be well.

Dr. Haverbush