

Argus Orthopaedic Zone

Foot Orthotics for Back and Hip Pain??

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Transforming patient information into patient understanding.

Chronic low back pain and hip pain may be significantly related to gait style. Focus is shifting to the feet to treat hip and back pain in some patients. By changing the way people walk using orthotics many believe that hip and back pain can be helped.

Using custom foot orthotics to change the mechanics of foot function may improve straightening of the hip during gait. Back pain can be caused by faulty mechanics of the weight bearing foot.

Chronic lower back pain can also come from underlying leg length difference in some patients.

Excessive pronation of the foot can cause mechanical strain on the hip and back. Orthotics are helpful in supporting the arch of the foot, off loading pressure points and cushioning the heel.

It is a noninvasive way to improve biomechanics and decrease pain and there is no age limit. Orthotics also can increase stability in an unstable foot or prevent a deformed foot from developing additional problems. All you have to do is wear them to achieve results. No exercise or physical therapy is involved and there is no surgery from which to recover.

Orthotics come in two varieties. You can buy them off the shelf at a retail store with no prescription. They might help. But you really are on your own. No harm to try though. If you don't get better don't be surprised though.

Most people have no idea why they hurt. So a proper exam and diagnosis can point you in the right direction.

Off the shelf orthotics might still work, but with an examination I am able to tell the orthotic place what is wrong with your feet and what type of orthotic you might need. You might require a custom made orthotic for which you need a prescription.

This discussion about orthotics helping hip and back pain is something patients don't think about, but they should. It should not be overlooked.

Office Website and Argus Orthopaedic Archive

I hope what you have read has raised questions. No problem!

Please log onto www.orthopodsurgeon.com. It has a huge amount of musculoskeletal information in the Website and the Archive of all previous Argus articles.

Check it out and be amazed what you can learn.

Good health. Good life. All the best to you. Be well.

Dr. Haverbush