

ANKLE, KNEE AND HIP PAIN

By Dr. Derek Conte

I speak to many people who complain of their pain when I meet them, not only in the office but in the community. It's natural for people to query a doctor and I actually enjoy it because I enjoy people. A nice gentleman told me, "Yea, doc, I have problems with my knees. It started one day for no reason. I can't stand up or sit down without pain and have to use my arms to get up. My father and grandfather had the same problem, arthritis, and I guess I'll have to live with it."

This person has made a lot of assumptions. First, there is no reason to assume the pain came for no reason and that nothing can be done to help. There is always a reason and there is usually an answer. Second, arthritis comes in many forms. The two main types are: (1 inflammatory, and (2 degenerative. Both of which require history, X-ray and lab tests to confirm. Pain in the joints does not indicate arthritis by itself. Third, you can't assume that something is hereditary if two or more members of a family seem to share a symptom. I feel bad for people who

surrender so easily, especially when they've not even had the problem looked at.

Very, very frequently, pain in the lower extremities is caused by spinal and pelvic misalignments which shift the load of the body weight through the legs down to the ground more on one side than the other and impart a twisting force at the ankle, knee or hip. This will cause pain in days or weeks and, over years, the degenerative changes known in arthritis. It is a question of wear and tear on the joints in many cases and nothing more ominous.

Make no assumptions about your health status and get a checkup. You may be surprised how simple the solution is. Chiropractic adjustments reestablish symmetry, balance and proper joint alignment. By the way, that fellow who had resigned himself to a lifetime of pain like his dad and granddad got adjusted and was totally pain

free after his second visit.

Dr. Conte is a founding member of the new Chiropractic Specialists of Smyrna and is available to speak to your school or group. Questions? Call: 404-784-6008.



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