

Ankle, Knee and Hip Pain

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By Dr. Derek Conte

I speak to many people who complain of their pain when I meet them, not only in the office but out in the community. It's natural for people to query a doctor and I actually enjoy it because I enjoy my work and talking with people. One 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, so I guess I'll have to live with it."

This nice man made a lot of assumptions. First, there is no reason to assume his pain came for no reason and that nothing could 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 arthritis, an auto-immune disorder and, 2) degenerative arthritis, usually the result of post-traumatic loosening of the joints. Both require a history, X-ray and/or lab tests to confirm. Third, you can't assume that something is hereditary if two or more members of a family seem to share the same symptoms. I feel bad for people who surrender so easily, who have somehow been convinced there is nothing to be done - especially when they've not even had the problem looked at. Pain in the joints does not indicate arthritis by itself.

Very, very frequently, pain in the lower extremities is caused by spinal and pelvic misalignments which shift the load of the body weight asymmetrically 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 this is the time to see a chiropractor. If these symptoms are ignored over years, the degenerative changes typically seen in arthritis begin to occur. 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 at how simple the solution might be. Chiropractic adjustments reestablish symmetry, balance and proper joint alignment and can prevent degenerative changes before they occur. By the way, that nice fellow who had resigned himself to a lifetime of pain like his dad and granddad did get adjusted and was totally pain free after his second visit. Good news for him. And maybe for you too.

Dr. Conte is co-founder of the Chiropractic Specialists of Smyrna and is available to speak to your school or group. Questions? Call: 404-784-6008. SEE: drderekconte.com

Rotator cuff muscles



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