

FRANCE-SHELTON FOOT HEALTH CENTRE

Lower Back Pain Management

Acute Lower Back Pain

If your back pain began suddenly and is severe enough to prevent you from pursuing normal activities, you'll probably be referred to one of the chiropractors we work with regularly. Their first priority will be to reduce the muscle spasm and local joint inflammation in the painful area. A variety of manipulation and/or physical therapy techniques are typically used to help relieve your pain.

Chronic Lower Back Pain

If you've either had acute pain and it's feeling better now or a chronic "niggling" lower back pain, the next step is to identify any biomechanical abnormalities present. Recall that any functional problem that leads to excessive pronation (foot rolling in so the arch "collapses") or insufficient pronation can cause or aggravate low back pain.

Biomechanical Assessment

The range of motion of the forefoot, midfoot, rearfoot, ankles, knees and hips are measured. Limb lengths are measured to check for significant length differences. Muscular weakness and/or tightness of various muscle groups will be noted as well. This is a one-hour examination that includes digital video gait analysis on a treadmill. You will be given stretching and/or strengthening exercises to do on a regular basis at home. To learn more about our biomechanical assessment, [click here](#).

Custom-made orthotics

Following your biomechanical assessment, a plaster of Paris cast impression of your feet (held in their neutral functional position) will be taken. This is then sent to a laboratory that specializes in fabricating custom-made orthotic devices. In approximately three weeks, we'll contact you for an appointment to fit your new orthotics. To learn more about custom-made orthotics, [click here](#).

Make an appointment to get the treatment you need - Call 0121 384 3244

Your foot comfort is our business...our only business!

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