

Why Is Uneven Leg Length Bad For Our Posture? Can It Be A Cause To Back Pain?



The focus of this article is on leg length and why it can be a contributing cause to back pain. Also, its effect on our posture, methods of assessment, and treatment.

Minimize Nerve Irritation By Aligning the Spine and Pelvis

Because the spinal cord is housed by the spine and the exiting nerve roots communicate with the autonomic nerves that basically run our organ function, maintaining alignment of the spine and pelvis is very important to minimize nerve irritation and subsequent health-related problems.

The Importance of Leg Length

Leg length plays an important role in our posture. When there is a difference in leg length, the pelvis cannot maintain a level position, and because the spine's base is the pelvis, it cannot stay straight if there is a leg length discrepancy.

Doctors of all disciplines realize the importance of leg length, especially orthopedic surgeons as they consider a hip or knee replacement. There are many causes of leg length issues, and some include a genetic predisposition (inherited), or trauma during bone growth years.

Is A Heel Lift A Good For Uneven Leg Length?

Yes, from a treatment standpoint, a heel lift (with or without arch supports) can be placed into the shoe on the short leg side. Unfortunately, there is not a 1 - 1mm correction of the leg length deficiency with heel lifts.

In adults, it has been reported that about a 66% correction occurs, which means a 10 mm lift would result in around a 6.6mm leg length deficiency correction.

Many doctors have found that it is usually wise to gradually increase the amount of heel lifting. They recommend patients to start with a 5mm lift for 1 week, and then increase it to the next height, such as 7mm, followed by 9mm, and so forth.

At 12mm (0.5”), problems with the heel lift being pushed out of the shoe and/or sliding forwards in the shoe may prohibit the use of these thicker lifts after which point the bottom of the shoe can be built up by a shoe cobbler (some services can be found online as well).

A Better Solution Is Chiropractic Adjustments

Even better, or as a compliment to heel lift, is to pay a visit to your chiropractor. Your chiropractor can align the spine and pelvis with the help of chiropractic adjustments.

Aligning the spine and pelvis is the better solution in the long run, and includes other benefits such as; increasing your mobility and flexibility. Chiropractic adjustments also boost the immune system and make you resistant to possible illness.

This is only the “tip of the iceberg” of the many benefits chiropractic care has to offer. Find more benefits with chiropractic care in our prior article:

Chiropractic Is the Key to Well-Being

<http://calldradam.com/chiropractic-is-the-key-to-wellbeing/>

Your Chiropractor Dr. Adam Nachmias – Nachmias Chiropractic

When in need of a chiropractor, Dr. Adam Nachmias at Nachmias Chiropractic, is the number 1 choice for New York patients. Dr. Adam is an expert, licensed, and well awarded chiropractor with 26 years experience of chiropractic care.

Dr. Adam got awarded 2016’s *Best Chiropractor in New York* for the 2nd year in a row by opencare.com and expertise.com.

Nachmias Chiropractic has practices in both Bayridge and Manhattan, New York.

To book an appointment with Dr. Adam Nachmias, call any of our offices:

Brooklyn: 718-238-8900

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

Nachmias Chiropractic – We Got Your Back!