

Monthly Wellness Bulletin

Gait Analysis

How are you walking?



Gait refers to the rate of movement and rhythm of the human stride. Observation of a person's gait can provide clues to a number of mechanical problems with the pelvis, hip, knee, ankle and spine as well as diagnoses such as Parkinson's disease or stroke. An examination of the human locomotor system is incomplete without a thorough analysis of gait.

The two phases of gait are the *stance* phase, when the body is in a weight-bearing mode, and the *swing* phase, when the limb follows through to the next heel strike. Specific mechanical events occur in each phase.

Your chiropractor is highly trained in examination of gait disturbances. An important part of this examination is a thorough analysis of each phase keying in on function/movement of the lumbopelvic region, thigh, hip, knee, lower leg, ankle and foot. We

assess such things as arch sufficiency, subtalar motion, tibial torsion, patellar tilt, aberrant patellar tracking and lumbar-pelvic hypo and hyper-mobility.

Abnormalities of gait can include structural problems such as plantar fasciitis, Achilles tendonitis, heel spurs, Morton's neuroma, shin splints, piriformis syndrome, subluxations of the tibia, hip, pelvis, and lumbar spine. These problems are routinely treated by the doctors at InMotion using chiropractic adjustments, acupuncture, active release technique modalities, core strengthening and massage. Less frequently, gait abnormalities may alert us to a more serious health issue such as stroke, Cerebral Palsy, MS and Parkinson's disease.

To complete a thorough exam, your chiropractor may ask you to bring in your usual footwear or running shoes to look for evidence of exaggerated patterns of wear and tear. Often, these uneven patterns will help in diagnosing a gait dysfunction. Additionally, good footwear plays a major role in alleviating pain, but also in preventing problems. **Call now to make an appointment for your own gait analysis: 314.644.2081**

Testimonials:

- "...suffering from heel spurs and fallen arches since my long jumping days in ninth grade. ...after several adjustments my ankle mobility has increased greatly...can walk normally."

Sarah Sieck

- "...hip, back, knee and foot pain has plagued me for some time. I began treatment to avoid surgery...within three weeks, it was possible to climb stairs and to walk long distances without knee pain." *Mary D. Cummings*