

# CHIROPRACTOR

# Q

**Can my feet be contributing to my back problem?**



**Dr. Klindt**

**DEARINGER & KLINDT  
CHIROPRACTIC  
CARE CENTER,  
PLLC**

107 N. 5th Street  
Bardstown

**502-348-3202**

**ANSWER:** Yes!!! When you have a problem with your feet, it puts abnormal stress on the body. The arches do not drop equally and this causes one side of the pelvis to drop in comparison to the other. The pelvis is the foundation of the spine and if it is not level, the spine is forced to curve away from the high side putting unequal stress on the spine causing the joints to lose their normal range of motion and initiating the inflammatory and degenerative process. As a chiropractor, one of the things I can do is scan your feet with the Foot Levelers digital scanner and order a pair of supportive spinal pelvic stabilizers to make the arches in your feet equal. This reduces the stress and strain being placed on the spine and helps to correct the inflammatory and degenerative process, therefore helping you with your back problems.