

Knee, Ankle and Foot Pain

Common complaints felt by people of all ages are knee, ankle and foot pain. Knee pain can occur due to a variety of reasons such as a trauma, a fall onto the knee or sport injury. In women, knee pain is common due to our increased pelvic/knee angle and because of hormones and connective tissue types.

People with tighter quads and hamstrings often experience Patellar tendonitis.

Hip and pelvic joint dysfunction are common factors which contribute to the development of knee pain. Similarly, dysfunction in the ankles and feet can also be a factor in the development of knee pain.

Athletes experience ankle and foot pain sometime during their training as ankle joints can easily become jammed during athletic activities causing pain.

Some other injuries can include ankle sprains, peroneal tendonitis and achilles tendonitis, which can all be effectively treated.

Chiropractic care can be effective in finding and addressing the source of your pain by frequently assessing the full kinetic chain (hip, knee, ankle and foot) to see where the restrictions originate, ensuring all joints are moving properly.