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MY DOGS ARE KILL'N ME!

Do you suffer from foot or ankle pain? If untreated foot and ankle pain can lead to other problems including knee, hip, and low back problems due to abnormal LE biomechanics. McMeen Physical Therapy can help! >>



LE biomechanical dysfunctions can lead to a multitude of symptoms. Complaints can range from foot pain to knee, hip, and back problems.

LE biomechanical problems can be due to structural malformations of the foot and ankle but can also be caused by adaptive tightness of the gastroc or soleus musculature. It can also be due to abnormal foot positioning by dysfunctional shoes.



"Your Movement Rehabilitation Specialists"

Often acute cases of shin splints or knee pain can be traced back to a patient recently getting a new pair of shoes that are not positioning the foot in neutral biomechanical alignment.

A comprehensive biomechanical evaluation is needed to determine the cause of the problem. During evaluation we look at the foot, ankle, knee, hip, and spine in both weight bearing and non weight bearing during gait and in static positions.

Treatment options include aggressive stretching exercises, soft tissue treatments including modalities like ultra sound, iontophoresis or electrical stimulation, and temporary posting to correct the abnormal biomechanics. We will often use over the counter insoles combined with added posting to achieve neutral mechanics.

Custom made orthotics may also be used. We will cast, order and fit custom made orthotics as needed. Most insurance companies do not pay for orthotic so we keep the cost at a fraction of what is charged by other health care providers for a pair of custom orthotics. We work with 3 different orthotic labs giving us a wide range of options depending upon a patient's foot type.

Early treatment of LE biomechanical dysfunctions can be very successful! Ask your doctor how McMeen Physical Therapy can help or contact McMeen Physical Therapy Clinic today!

CONTACT US FOR MORE INFORMATION

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