



# Health News

## from Ponte Vedra Wellness Center

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## Chiropractic Is Not Just For The Spine

All your joints require movement to stay healthy and functional, not just the ones in your spine.

Proper movement of joints is directly dependent upon their alignment. As an alignment specialist, your chiropractor is concerned with the proper function of every joint in your body. Any time you feel pain, experience a restricted range of motion, or hear noises coming from your joints, you should talk to your chiropractor - an adjustment may be just what you need to restore joint health.

### What Joints Outside the Spine Do Chiropractors Treat?

#### *The Ankle*

One of the most common injuries to the ankle is the inversion sprain. When your ankle is abruptly twisted, it causes inflammation in and around your ankle joint and some partial tearing of the ligaments that support it. This can result in altered biomechanics or misalignment of your bones in the foot and ankle. Faulty mechanics can actually be the cause of your ankle sprain.<sup>1</sup>

Before considering adjustments for your ankle, your chiropractor will probably first recommend reducing the inflammation with ice, rest and elevation for about 72 hours. It's important for you to allow the initial stage of injury repair to run its course. This makes it possible for your chiropractor to perform a proper assessment of your ankle. Joint swelling can potentially mimic joint restriction, and your chiropractor wants to be careful about potential damage to the ligaments surrounding the ankle. However, being able to mobilize your joint as soon as possible is vital. If the joint remains immobile for too long, scar tissue can accumulate and muscles around the joint can quickly atrophy.

#### *The Knee*

Misalignment syndromes are often common in the knee. Think of the knee as a simple hinge joint, moving in a single plane. Any torque or twist of the lower leg places abnormal stress on the knee joint. Painful conditions of the knee resulting from misalignment include chondromalacia patella and patellofemoral syndrome.

If you experience knee pain, consult with your chiropractor. It's important to discover where the alignment issues originate.

### Exercise of the Week

Pelvic Rotations – Figure 4  
Difficulty: Easy

*(Consult your chiropractor before starting this or any other exercise.)*

Start: Lie down on back with legs bent to 90 degrees and feet on floor. Place arms out to side, palms up.

Exercise: Take one leg, and cross ankle over opposite knee. Then, let legs roll all the way to side so that foot rests on floor. Hold for 30-60 seconds, and then return to starting position. Switch sides, and repeat 2X per side.

