

Foot Levelers Orthotics Help Reduce Low Back Pain

Most chronic low back pain is the result of some form of structural weakness or failure.¹ If leg or foot asymmetries or misalignments exist, abnormal forces can interfere with spinal function² and contribute to health concerns all along the Kinetic Chain—especially the generalized condition of “back pain.”

Reduce back pain with orthotic supports

The following conditions can have a major impact on lumbar spine function. In each case, orthotic supports can decrease external forces and contribute significantly to a cost-effective treatment outcome:

- **Excessive pronation and/or arch collapse.** Torque produces internal rotation stresses to the leg, hip, pelvis and low back.³ The result is recurring subluxations and eventual ligament instability affecting the sacroiliac and lumbar spine joints. These forces can be decreased significantly with the use of custom-made functional orthotics.
- **Degenerative changes in the lumbar discs and facets.** The external force of heel strike can aggravate and perpetuate low back pain. This force is easily reduced with the use of shock-absorbing shoe inserts⁴ or orthotics that contain viscoelastic compounds. The reduction in symptoms is often dramatic.
- **Anatomical difference in leg length.** This produces abnormal structural strains on the pelvis and low back, which can cause chronic pain^{5,6} and can result in specific degenerative changes.⁷ Lifts and orthotics have been shown to reduce these structural strains and bring about significant response.⁸



**Foot Levelers orthotics significantly
reduce Low Back Pain — by 34.5 %⁹**

Screening patients

Ask your patients a few simple questions to gain valuable insight into the cause(s) of their back pain:

1. Do you stand or walk on hard surfaces for more than 4 hours daily?
2. Have you had a prior injury to your knee, back, or neck?
3. Do your shoes wear unevenly?
4. Do you have joint pain while standing, walking, or running?
5. Is one of your legs shorter than the other?
6. Do you any obvious foot problems (bunions, corns, flat feet, etc.?)
7. Do your feet “toe out” when you’re walking?

If your patient answers **“yes”** to any of the above, consider them a likely candidate for custom-made stabilizing orthotics.



3 Quick Steps

1. **Adjust** – Specific adjustments for the lumbosacral, lower thoracic, and cervical spine regions
2. **Support** – Foot Levelers custom orthotics help correct biomechanical dysfunction (pain) with proper support for the arches/feet
3. **Rehab** – Spinal and core exercises for strengthening, pain reduction, and re-occurrence prevention



Get an LBP infographic customized for your office!

Email SocialMedia@FootLevelers.com to make a request

1. Fulton M. Lower back pain: new protocols for diagnosis and treatment. *Rehab Management* 1988; Nov/Dec:39-42.
2. Keane GP. Back pain complicated by an associated disability. In: White AH, Anderson R. eds. *Conservative Care of Low Back Pain*. Baltimore: Williams & Wilkins, 1991:307.
3. Hammer WI. Hyperpronation: causes and effects. *Chiro Sports Med* 1992; 6:97-101.
4. Light LH, et al. Skeletal transients on heel strike in normal walking with different footwear. *J Biomechanics* 1980; 13:477-480.
5. Giles LGF, Taylor JR. Low-back pain associated with leg length inequality. *Spine* 1981; 6:510-521.
6. Friberg O. Clinical symptoms and biomechanics of lumbar spine and hip joint in leg length inequality. *Spine* 1983; 8:643-651.
7. Giles LGF, Taylor JR. Lumbar spine structural changes associated with leg length inequality. *Spine* 1982; 7: 159-162.
8. Hoffman KS, Hoffman LL. Effects of adding sacral base leveling to osteopathic manipulative treatment of back pain: a pilot study. *JAOA* 1994; 94:217-226.
9. Cambron J, Dexheimer J, Duarte M, Freels S. Shoe orthotics for the treatment of chronic low back pain: A randomized controlled trial. *Archives of Physical Medicine and Rehabilitation* 2017. [dx.doi.org/10.1016/j.apmr.2017.03.028](https://doi.org/10.1016/j.apmr.2017.03.028)

FootLevelers.com | [f](#) [t](#) [v](#) 800.553.4860

