

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Obesity causes knees to suffer

Obesity leads to a wide range of health problems including osteoarthritis, which can wreak havoc with your joints, especially the hips and knees.

A Canadian study examined the relationship between obesity and hip or knee replacement surgery, noting that 81 per cent of joint replacement patients were classified as overweight or obese. Luckily, most knee problems can be avoided:

Assume a Healthier Weight. Carrying around that extra fat puts needless wear and tear on your joints and spinal discs, impairing proper function.

Strengthen Leg Muscles. Something as simple and inexpensive as walking or climbing stairs can do wonders to strengthen your knees.

Wear Supportive Shoes. When properly fitted, custom orthotics help support the arches of your feet, giving your entire body a more stable platform.

At Harbourfront Family Chiropractic we can custom fit and supply people requiring foot support for a variety of needs. Some common problems that require custom orthotic fittings are the following: diabetes, plantar fasciitis, pronation, foot pain, knee pain, low back pain.

Patients that have been fitted for custom orthotics notice a vast improvement in posture and reduction in pain.