



CONFLUENCE WELLNESS CENTER, PC

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Matrix Repatterning, Chiropractic, Acupuncture, Nutrition, NET

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THE FOOT BONE'S CONNECTED TO...

One of the most important things we have learned about healing is that all parts of the body are interconnected, and influence each other for good and for bad. It is impossible for one part to break down and not adversely impact the rest of the body. We believe that the contemporary approach to healthcare, in which specialists concentrate only on their areas of concern without regard for the bigger picture, ignores these interrelationships, to the detriment of patients. Our goal is to be proficient at what we do, but also to be generalists, and to always remain in sight of the bigger picture of our patients' health.

Many times we have patients who come in complaining of various mechanical problems, and we can see that these problems are not due to any injury or dysfunction of the involved parts, but occur because of a postural distortion that puts abnormal strain on their bodies. These postural strains come from several different causes, with a few extremely common. It is our belief that humans were not designed to sit, especially not at desks where they lean forward. The typical slouchy-sitting, forward-leaning posture that is associated with studying in school, working at a desk or computer, driving a car, etc., reverses the normal postural curves of the spine and places you under major mechanical stress. Learning to sit in a more appropriate manner, with the neck in line with the spine and the spinal curves intact, can help relieve many chronic aches and pains.

Often, postural problems that can create mechanical stress throughout the body are compensations for structural breakdown of the feet. Foot problems are extremely common in our population, and we're not entirely sure why. Some people think that evolution didn't develop our feet to wear shoes or to walk on hard surfaces like concrete, and it's possible that we're still in the process of evolving from four-legged creatures to two-legged ones, and that the architecture of our feet is not yet perfected. In any event, we commonly see signs and symptoms of structural and mechanical problems in diverse parts of our patients' bodies that seem to come from their feet. The best solution in these situations is for us to make custom foot orthotics, which are special insoles that you can put in your shoes to improve the foot/ground interface and alleviate many postural problems. We have explored many types of foot orthotics, and not all of them are made properly; some even make people worse. The style we use gives us the best results.

Finally, the nervous system is extremely sensitive to minute changes in what dentists call equilibration, the way the teeth come together. We find that problems in many different areas of the body can come from subtle imbalances in the teeth and jaw joint, and our work, together with the specialized dental intervention that is sometimes necessary, can help to resolve these problems.