

Nobody is perfect

Almost everyone has some structural biomechanical misalignment such as bowing of the lower legs, knock knees or legs that turn in or out. Our bodies compensate for misalignments mostly through using the mobility in our joints and the flexibility and strength found in our muscles. Over time, this causes other adaptations and changes to occur. Some changes are obvious, such as joint enlargement, some not so obvious, such as seen in overuse injuries. These changes and other factors such as footwear, work, sports, age, weight and overall health status place stress on our musculoskeletal system. When our body lacks sufficient compensation for a given activity, we place high forces through our body, which can lead to inflammation and pain.