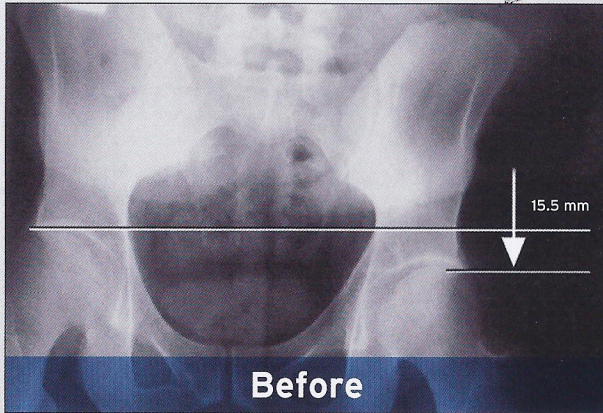
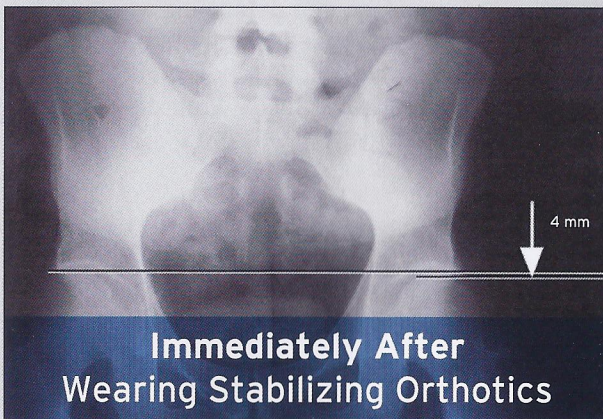


See the Difference Stabilizing Orthotics Can Make



A short leg can cause an imbalance in the body, which can lead to stress / strain in the pelvis and spine



Individually designed Stabilizing Orthotics can help to restore balance and relieve postural stress / strain.

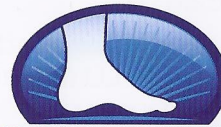
X-rays courtesy of Terry R. Yochum, DC, DACBR, FACCR

Short Leg

Stabilizing Orthotics are an investment in good postural health. **Ask your doctor how Stabilizing Orthotics may help you.**



Many health researchers have concluded that even a few millimeters of LLI (a quarter of an inch or less) may be a primary or contributing cause for low back or hip problems, and an obvious stress factor in the legs.



FOOT LEVELERS

Supporting Every Body

Provided as a professional courtesy by:

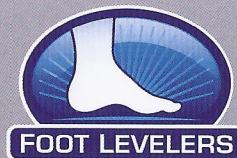
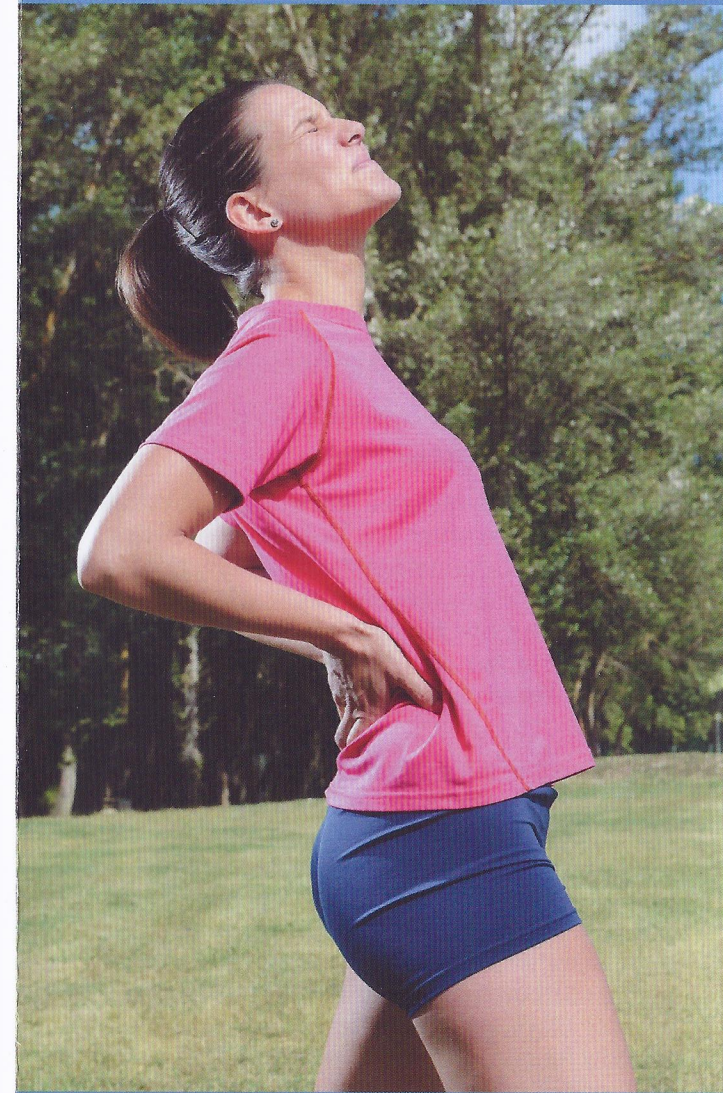
This guide is intended for general information purposes only, and is not a substitute for professional care. Only a health care professional can diagnose the cause of your condition and rule out any serious health problems.

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Short Leg

A Leading Cause of Pain
A Guide for Chiropractic Patients



FootLevelers.com

Short Leg

Aren't most people's left and right legs equal in length?

Most of us think the average human body is symmetrical; that if you drew a line down the middle of the body, the left and right halves would match. In fact, there is some degree of asymmetry – inequality – in everyone. Leg length inequality (LLI) – where one leg is either anatomically or functionally shorter than the other – is classified as a “normal variant”: something that is so common, it isn't surprising when it turns up.

What's the difference between an anatomical and a functional leg length inequality?

Anatomical LLI refers to a leg, which is physically shorter than the other due to unequal growth rates, fractures, or deformities. In a functional LLI situation, both legs may be identical in length (or nearly so), but one functions as if it were shorter because of either a postural imbalance in the body or uneven muscle contractions between the two legs.

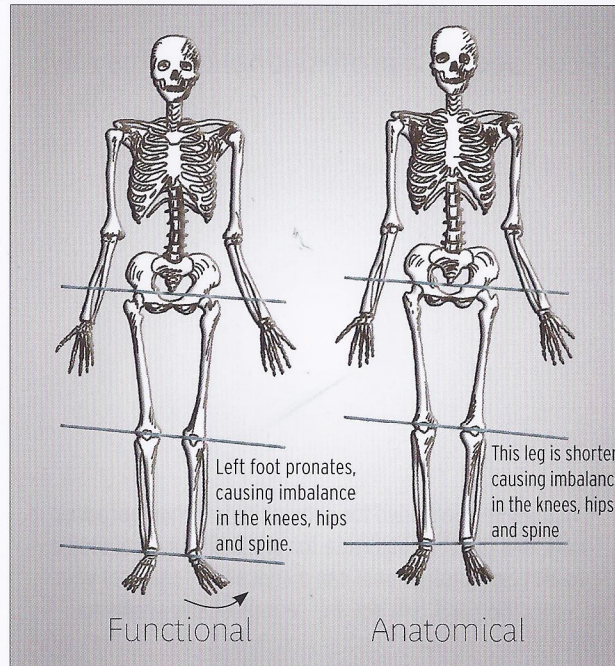
An example of a functional LLI could be something like this: say the structures in your right foot (arches, bones, muscles, tendons, etc.) are all working properly and holding up their side of your body in its correct and most stable position. However, your left foot has a collapsed arch, and the bones there have dropped to a less stable position, which causes your left foot to pronate (flare out) as you stand or walk. Your left leg now functions as if it were shorter because it isn't receiving the same amount of foot support as the right leg. This imbalance can cause pressure, stress, and pain in your knees, thighs, hips, pelvis, and spine.

Wouldn't I know if I have a short leg just by looking in the mirror, or limping when I walk?

Not always. Although many cases of LLI are very obvious and can be identified visually, a length difference of less than 25 mm (about an inch) usually cannot be detected on sight. In fact, you may have had a slight leg length inequality for years, and not even have known it.

How much difference in leg length does there need to be to affect my health?

Many health researchers have concluded that even a few millimeters of LLI (a quarter of an inch or less) may be a primary or contributing cause of low back or hip problems, and an obvious stress factor in the legs.



If you do have an LLI condition, ask your doctor if Stabilizing Orthotics would help you.

If I don't know whether or not I have a leg length inequality, how can I find out?

Talk to your healthcare professional. He or she has procedures that can accurately measure the length of your legs and determine whether your condition is anatomical or functional. If you are found to have an LLI condition that is affecting your postural stability, your doctor can recommend a treatment program.

If I have a leg length inequality, what can my healthcare professional do about it?

Depending on the diagnosis and treatment, your healthcare professional may recommend either a shoe lift or Stabilizing Orthotics to help you achieve postural balance and stability when you stand, walk, or run. Your healthcare professional will select the Stabilizing Orthotics best suited for you based on a variety of factors (lifestyle, health, age, weight, sex, etc.).