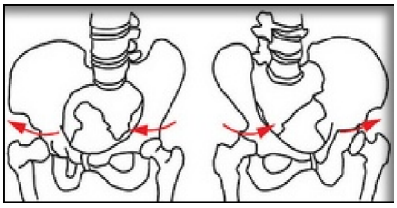
NJD Sports Injury Clinic
36 Moorland Crescent
Clitheroe, Lancs. BB7 4PY
United Kingdom
Tel: 44 (1200) 427457
e-mail: nick@njdsportsinjuries.co.uk
www.njdsportsinjuries.co.uk

Title:

How abnormal foot motion can be a major contributor to lower back and pelvic problems



Abstract

The human foot is masterpiece of engineering and a work of art, it contains many bones, joints and tendons that work together to enable gait.

Abnormal foot motion may cause problems anywhere along the kinetic chain, including the lower back and pelvis. Biomechanical related overuse injury problems located in the lower limb are well documented in the literature. This article examines an area of injury which is much less documented. Excessive foot pronation (unilateral and/or bilateral) generates excessive aberrant pelvic motion in the frontal and transverse planes, which often leads to lower back pain (LBP). These LBP problems include; abnormal postural changes, pelvic muscle imbalance, pelvic instability, sacroiliac problems, lumbar disc and facet problems.

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AUTHOR
Nick Dinsdale BSc (Hons), MSc, MSST
Clinical Director
NJD Sports Injury Clinic

Graduate Sports Therapist Nick Dinsdale and his daughter Nicola run NJD Sports Injury Clinic in Clitheroe. The family clinic is recognised for its strong 'evidence-based' approach to the management of musculoskeletal conditions and ongoing personal professional development. This often involves research into topics and issues.

Nick specialises in researching lower limb biomechanics, particularly foot function with respect to cycle racing. In addition to advising professional cyclists, Nick often delivers private workshops and presents at Conferences. Nick has served on the Executive Committee of The Society of Sports Therapists and has worked with GB cycling teams, Manchester Wheelers, English Fell Running teams and assisting Nicola at Blackburn Rugby Union club.