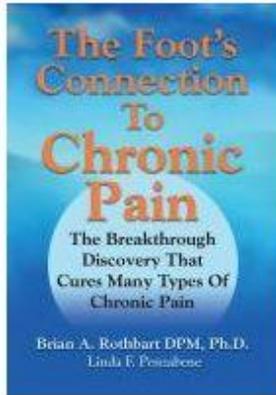


The Foot's Connection To Chronic Pain

By

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The Foot's Connection to Chronic Pain: The Breakthrough Discovery That Cures Many Types of Chronic Pain

by **Brian A Rothbart DPM PhD**

154 pages

INTRODUCTION – WHAT'S IN THIS BOOK FOR YOU

Hello and welcome to my book! In it, you'll learn a lot about my work curing chronic pain. More importantly, you'll learn a lot about YOU and why you haven't yet found relief from your chronic pain.

You see, although we haven't met in person, I know something about you.

I know you've suffered from chronic pain for a long time. I know you've been to doctor after doctor and tried everything they suggested to relieve your pain. And still, your pain persists.

I know you've tried forms of physical therapy from massage to chiropractic. And still, your pain persists.

I know you've bought every pain relief product sold in drugstores, from non-prescription remedies to hot packs to knee wraps to back support belts. And still, your pain persists.

I know you've searched stores and the internet and bought things like special chairs and mattresses, like copper bracelets and magnets. And still, your pain persists.

I know you've been told there's no reason you're in so much pain and it may be all in your head. I know you think the pain itself may have driven you crazy.

And I know you may be at the end of your rope, deep in pain and depression, doubting your doctors and worst of all, doubting yourself, asking questions like, "How much longer can I go on like this?"

I'm here to tell you that YOU are not crazy, even if unrelenting pain has made you feel that way. I'm here to tell you that there is a solid, scientifically proven reason why you are suffering from endless muscle and joint pain, a reason most doctors have never even heard of.

And most important, I'm here to tell you that there is a cure for the source of your pain, a cure that does not involve drugs and does not involve surgery.

You see, I spent more than forty years of my professional life as a doctor doing both clinical work and research, looking for a source of chronic muscle and joint pain. After I found such a source, I then spent even more years developing a therapy to correct it and end the chronic pain.

And this is very important--the therapy I developed does not involve drugs or surgery.

What I discovered is that many people with chronic muscle and joint pain that has not responded to any other treatment have an abnormal foot structure. If you have such an abnormal foot structure, you won't know it by looking down at your feet. The abnormality is deep inside, and can only be identified by doctors specially trained to recognize this type of abnormality.

Very few doctors have such training. This is why none of the doctors you've seen so far have told you that the pain you feel all over your body, in your shoulders, in your back, in your hips and knees, may actually start way down in your foot, with an unidentified abnormal foot structure.

So here's what's in this book for you. First, I'm going to tell you a little about myself and why I became so passionate about discovering a source of chronic muscle and joint pain.

Next, I'm going to explain what I discovered. This is where it starts getting a little deep. You'll see words you may not have heard before, like "musculoskeletal" and "proprioceptive". These words may seem strange at first, but keep reading. Your doctors didn't learn about my discoveries in medical school, so it's important for you to educate yourself.

Finally, I'm going to give you the basic information you need to determine if you have an abnormal foot structure and what can be done about it.

If your doctor doesn't know about the impact of an abnormal foot structure and isn't prepared to help you determine if it's the cause of your chronic muscle and joint pain, you have come to the right place. Reading this book will give you the tools you need to make a sound decision on how to finally and permanently rid your life of chronic pain.

As you read this book, please keep in mind that many, many people have been totally cured of chronic muscle and joint pain through my therapy. They now live normal lives, free to pursue work and pleasure. And they all started their journey with the information you'll find in this book.

May it be the start of your own journey to freedom from chronic pain!

Warm Regards,
Professor/Dr. Brian A. Rothbart

Chapter One – LET ME INTRODUCE MYSELF

Hello – I'm Brian Rothbart. As a man, I lived with agonizing chronic pain. I know how it feels. I know the feelings of hopelessness and despair that accompany it.

And as a doctor, I spent more than 40 years in clinical research, working to understand the source of chronic muscle and joint pain and how to cure it. Let me tell you my two part story:

ADVERSITY IN MY PERSONAL LIFE - YEARS OF LIVING IN CHRONIC PAIN

As a child, my body was inflexible. By the time I reached my teens, my muscles became even tighter and stiffer. As I entered my 30s, this stiffness became worse and it was harder to stand for long periods of time without feeling achy in my low back. By the time I reached my 40s, I needed to sit in supportive chairs and sleep on hard mattresses to help ease the stiffness in my low back and now also in my shoulders and neck.

I ignored all these early warning signs because I wasn't yet in chronic pain.

Then my life took a drastic turn. On March 17, 1991, at 6:30am, on my way to work at the medical clinic, I was hit by a bus which took off the front end of my car.

I was diagnosed as having severe whiplash, placed in a neck collar and sent home with instructions to take a week off from work. After the collar was removed, I found that the stiffness in my neck and shoulders had become much more severe. I was prescribed pain medication and referred to a physical therapist.

My pain became worse and worse with each passing month. My entire body started feeling so weak that I no longer had the physical stamina to see my patients eight to ten hours a day and was forced to reduce my work schedule. My wife filed for divorce because I could no longer afford to maintain the lifestyle that she had become accustomed to.

I started having other problems. It was impossible to drive without experiencing excruciating low back pain. If I lifted my hands over my shoulders, they would go to sleep. I couldn't sleep at night because of the pain. I started having headaches.

I went to one of the finest surgeons in the state. He suggested surgical decompression of the nerves in my back and fusion of the vertebrae. Through my own medical training, I realized the risks and poor outcome of this type of surgery, so instead turned to alternative therapies to try and resolve my chronic pain.

Over the next 12-18 months, I saw over 15 different types of alternative healthcare providers and an occupational counselor to handle the impact that my injury was having on my career. The effect of all this was marginal. My pain continued to escalate.

This was my life as a chronic pain sufferer. It became all too obvious that the only person who could help me overcome this nightmare was me.

Through my own original research, I turned around not only my own life, but also that of my patients. Let's start at the beginning of my professional career:

TRIUMPH IN MY PROFESSIONAL LIFE - CURING MYSELF AND THOUSANDS OF OTHERS

I went into medicine because of my father. He was a pediatrician and very committed to his patients. He taught me, by example, that a good doctor treated each of his patients the way he treated members of his own family—with both care and consideration.

I started my medical career as a foot and ankle surgeon, and like my father, I worked hard to deliver the very best level of care to my patients. But it wasn't long before I became disillusioned with surgery. I felt that too many patients, both my own and those of other surgeons, were soon back in the doctor's office with the same problems, sometimes in more pain than before undergoing surgery.

I felt frustrated and perplexed. I was a skilled surgeon, constantly updating my education and surgical techniques, but despite this, many of my patients weren't getting better.

My surgical colleagues told me that this was to my advantage. They referred to it as 'turning lemons into lemonade'. In other words, they regarded the opportunity to re-do the surgery as an opportunity to make more money. This didn't sit well with me. I couldn't sleep at night, knowing that this was not the kind of doctor my father raised me to be.

I decided that there had to be a better way to treat my patient's pain and actually help them to get better.

My determination to find that better way led me into original research. And in the midst of that work, my life changed dramatically - my 1991 car accident left me with agonizing, unrelenting pain.

I went from doctor to doctor, from therapy to therapy, but nothing helped.

I was now a chronic pain patient myself. Now I understood, from my own daily experience, exactly how my patients felt and how they suffered. I was no longer just determined to find a better way to treat chronic pain. My research took on a whole new meaning and a new way of thinking about chronic pain. I was now committed, mind, body and soul to find the means of helping not only others, but myself as well.

These are the first five of the seven key discoveries that I made:

1. I was the first person to demonstrate that chronic muscle and joint pain could be eliminated, not just managed.
2. I demonstrated that changes in how the foot develops in the womb result in abnormal foot motion, which leads to poor posture and chronic pain.
3. I discovered, demonstrated and documented how the foot is linked to the knee, pelvis and low back.
4. I was the first to link abnormal foot motion to the development of scoliosis.
5. **I discovered two distinct, previously unknown inherited abnormal foot structures, which I linked to the development of chronic muscle and joint pain – the Rothbarts Foot and the PreClinical Clubfoot Deformity.**

Seeing thousands of patients from all over the globe in my clinic, I found that about 80% of the world population has one of these two abnormal foot structures and that the resulting chronic musculoskeletal pain can affect not only the feet, but the entire body.

Armed with this knowledge, I made my 6th key discovery:

6. I invented a novel approach to resolve chronic pain by improving muscle function, using proprioceptive stimulation underneath the foot.

I developed a therapy, called Rothbart Proprioceptive Therapy, which addresses and effectively treats chronic muscle and joint pain originating from the Rothbarts Foot and the PreClinical Clubfoot Deformity.

I then found that, in addition to abnormal foot structures, there are secondary factors that can contribute to chronic muscle and joint pain, such as the cranium and occlusion (bite), which is my 7th discovery:

7. I was the first person to link abnormal foot motion to changes in the occlusion and frontal plane position of the cranial bones.

I have had such tremendous success in treating chronic pain patients for who all else has failed, that my discoveries and therapy are now known throughout the medical world. And I have finally been able to fulfill my deep desire to actually heal (rather than merely treat) those (including myself) who suffer from chronic pain.