



[For Patients](#) » [Treatments](#) » [Physical Therapy/Rehabilitation](#)

### Chronic Pain Treatments

- › [Alternative Treatments](#)
- › [Bracing/Splinting](#)
- › [Hormone Therapy](#)
- › [Interventional Pain Management](#)
- › [Manipulation and Massage](#)
- › [Mental and Emotional Therapy](#)
- › [Nutraceuticals](#)
- › [Physical Therapy/Rehab](#)

### Medications

- › [Medication Overview](#)
- › [Medication Guide](#)
- › [NSAIDs](#)

## Could My Feet Be Causing My Chronic Pain?

*You don't have to take chronic pain lying down. Brian A. Rothbart, DPM, PhD, says chronic pain can be related to two inherited foot abnormalities—Primus Metatarsus Supinatus (also known as Rothbarts Foot) and PreClinical Clubfoot Deformity. Take this quiz to see if your feet could be contributing to your pain problem.*

By [Lisa Ellis](#)

A healthy foot sends signals to the brain, which is used to regulate posture, says Dr. Rothbart. When the foot is structurally unstable, as in these two foot structures, the signals are distorted and bad posture results. When the body is not properly aligned, it can cause related muscle and joint pain.

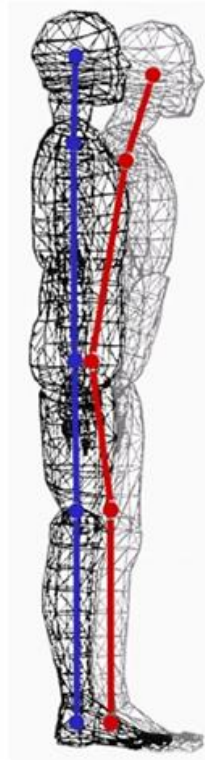
Dr. Rothbart believes that the problems can be resolved using custom insoles to reset the signals to the brain, which in turn automatically corrects the posture. This will permanently eliminate the related pain.

### The Foot/Chronic Pain Connection Quiz

To see if you are a good candidate for Dr. Rothbart's therapy—or if you may have foot-related issues that could be contributing to your chronic pain—answer each question below. Keep track of the number of questions you answer with a “yes.”



Brian A. Rothbart, DPM, PhD has studied foot structure and says correcting abnormalities can alleviate chronic pain.



\_\_ Look at the oldest pair of shoes in your closet with soft rubber heels. Are the heels worn unevenly? If so, this can be a sign that your foot is twisting when you walk.

\_\_ Do you have calluses on the bottom of your feet? These can indicate your foot is twisting. Calluses typically occur on the heel and on the ball of your feet.

\_\_ Do you have bunions? Bunions can occur when the front of your foot moves around excessively.

\_\_ Is your head positioned forward? The position of your foot and your head are related.

\_\_ Do you have poor posture? This occurs as a result of an abnormal foot structure, which causes the joints to be mis-aligned (bad posture).

\_\_ Do you have scoliosis (a condition that causes a severe curve of the spine)? When the foot structure is abnormal, it can cause the spine to twist and can result in scoliosis.

\_\_ Were you awkward or clumsy as a child? The inner ear controls your balance and if you have a foot deformity, it prevents your ears from being level, which in turn causes your body to be unbalanced. As a child this lack of balance may have made you clumsier. But as you age, you may get better at compensating for this problem.

\_\_ Is your balance poor? The relationship between your feet and your balance is described above.

\_\_ Are your shoulders rounded? Your body follows the position of your feet. Therefore, when your feet are twisted forward and inward, your body also curves forward and inward, which causes rounding of the shoulders.

\_\_ Do you have crooked teeth? The abnormal foot structure and corresponding mis-alignment of the body can result in crooked teeth.

**\_\_\_ Did you need braces on your teeth when you were younger?**

An abnormal foot structure can cause crooked teeth, which is often treated with braces.

**\_\_\_ Do you have a swayback (meaning is your pelvis tipped)?** This

problem can occur when your foot mis-alignment causes the hip bone to move forward too much.

**\_\_\_ Do you bump into someone when you walk with him or her side-by-side?** When your foot twists as you walk because of an abnormal structure, this prevents you from being able to walk in a straight line. Instead, you may find yourself veering off to the side.

**\_\_\_ Have you ever been told by your chiropractor that one leg is shorter than the other?** When your foot structure is abnormal and twists inward and forward, it causes your hip bone to rotate forward, which elevates the hip socket and can make the leg shorter.

**\_\_\_ Do you have sporadic pains in different joints?** Foot abnormalities distort the posture (misalign the joints) and over time, cause inflammation and pain in practically every joint of the body. The pain can be intermittent depending on your overall health, but the joint inflammation can progress and become more severe and frequent.

**\_\_\_ Do you enjoying walking barefoot inside?** The abnormal foot structure, and the accompanying twisting of your foot, can make wearing shoes uncomfortable. Therefore, you may prefer to be barefoot whenever possible.

**\_\_\_ Are your muscles stiff or tight?** Muscles that compensate for a twisted foot often contract to keep the body upright though you may not be aware of it. Stiffness or tightness can result.

#### **Learn More**

If you answered yes to eight or more of the above questions, you may be a good candidate for Rothbart's treatment approach. This therapy, which can be conducted long-distance, takes 12-18 months to complete. The result can give you upright posture and reduce or completely eliminate chronic muscle and joint pain. To learn more, [Dr. Rothbart's website](#).

*(Note: This questionnaire is not a replacement for a thorough medical examination nor should it be used as a tool for making a medical diagnosis)*