



Knee Pain and Foot Misalignment

Many studies suggest a strong biomechanical connection between the foot and knee pain.

Custom Orthotic Treatment for Knee Pain

The effectiveness of custom foot orthoses¹ was evaluated in 102 patients with **Chronic Knee Pain**, (Patellofemoral Pain Syndrome, Chondromalacia Patellae, Retropatellar Dysplasia.) All subjects received custom -molded rigid total contact corrective orthoses fabricated from non weightbearing casts with the foot in a corrected position. Follow-up occurred two to four weeks after the orthoses were dispensed and showed that 78.5% of the patients were either pain free or reported improvement in knee pain.

Significance of the Findings

The findings of this study suggest that custom molded foot orthotics are an effective means of relieving clinical symptoms of knee pain. Previous studies have suggested that knee pain is related to excessive internal leg and knee rotation or the result of excessive abnormal middle or rearfoot joint motion.

Significance of Orthotic Therapy

One study indicates that the use of custom-molded rigid orthosis made from neutral suspension casts will likely lead to positive clinical results in patients with knee pain.³ Nawoczenski's article in the 1995 Journal of Orthopedic Sports Physical Therapy, demonstrated that rigid type orthoses have an effect on lower leg rotation. With the significant clinical improvement and low incidence of increased symptoms, ***this study indicates that orthotic intervention for knee pain should be considered early in treatment.***

Reference

1 The Effect of Foot Orthoses on Patellofemoral Pain Syndrome – Amot Saxena, DPM and Jack Haddad, DPM – Department of Sports Medicine, Palo Alto Medical Foundation, Palo Alto, Ca. – The Lower Extremity 5(2): 95-102, 1998.

2 The Role of Foot Orthoses as an Intervention for Patellofemoral Pain – Michael T. Gross, PT, PhD1 - Judy L. Foxworth, PT, MS, OCS2 – J Orthop Phys Ther 2003;33: 661-670.

3 The Effect of Foot Orthotics on three-dimensional kinematics of the Leg and Rearfoot...Nawoczenski DA, Cook TM, Saltzman CL. J Orthop Sports Phys Ther 21 (6):317-327,1995

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