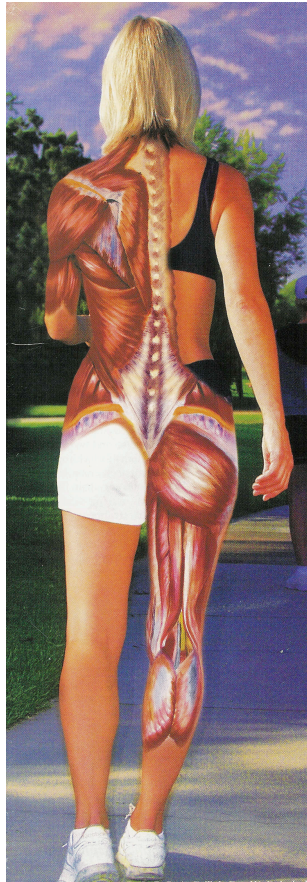


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Leg Length Inequality



What is it?

A *Leg Length Inequality or Discrepancy* is exactly as it sounds. One or more bones (the Femur or thigh bone, the Tibia or shin bone, and/or the joint spacing within the knee) are unequal in total length when measured in comparison to the same structures on the opposite side.

How did I get it?

There are two anatomical factors that contribute to the development of *Leg Length Discrepancy*.

Congenital, or the way your bones grew and formed from the time you were born. Keeping in mind that most *Leg Length Discrepancy* is inherited from one or both parents.

Acquired *Leg Length Discrepancy* means that a particular trauma may have stunted the growth on one side, as in a broken bone, or perhaps as the result of an accident or a surgery to various boney structures or joints.

What types of pain does it cause?

As the body is connected via a series of bones, ligaments, tendons, and muscles, being uneven on one side causes excessive wear. Thus, practically any joint from head to toe can be negatively affected.

How is it treated?

There are many ways that **Leg Length Inequality** can be treated. Some are more risky and less effective than others.

Custom Orthotics: A properly made foot orthotic can go a long way in substituting additional millimeters or centimeters on the deficient side. The right custom-made, biomechanical orthotic can address the underlying cause of your pain. Abnormal joint position, overpronation or foot rigidity can be addressed and the biomechanics normalized. San Diego Running Institute orthotics are custom molded to your foot and are designed with your specific body weight, **leg length discrepancy** and activity in mind. The restoration of correct mechanical function takes the abnormal stress from the uneven side and allows the body to heal naturally.

Stretching: We are often told by misguided medical professionals that muscles are too tight on one side and need to be stretched or lengthened in order to correct the **leg length discrepancy**. The problem is they are not following a scientific, research based approach. If they were, they would know that stretching a muscle will never increase the length of a shorter bone, or increase joint spacing in the knee or hip.

Rest/Inactivity: For many, rest/inactivity is not a realistic option. We need to use our bodies for work, home, exercise, and play. If we are constantly putting excessive force on one side more than the other, we are eventually going to feel the wear and tear and the damage that is being done daily. This comes in the form of ankle, knee, hip, back, and even shoulder pain. Uneven wear often results in unilateral arthritis and other unpleasant results. If you are a runner, these unwanted outcomes are sped up considerably. If your foot hits the ground 1,500 times in a one mile run, just think of the cumulative damage that is done just training for a single marathon. Our body truly is a wonderful "machine." If you rest it long enough it will typically heal itself.

But how long does it take to grow more bone? If you are over 18 years of age, this is no longer an option. And quite frankly, how does one get their bones to grow only on the short side anyway?

Drugs/Anti-inflammatory: Drugs such as Ibuprofen are anti-inflammatory agents **not** healing agents. They actually impair the healing process and may allow the runner to injure themselves further. Studies have proven that these medications are harmful to your body, cause ulcers, and strain your liver and kidneys. They are not a solution to the pain caused by **Leg Length Inequality**.

Surgery: Many people undergo surgery for various reason, arthritis, knee replacement, hip replacement, even back surgery. However, the underlying cause of **Leg Length Inequality** still remains. So after expensive and painful surgery, followed by time-consuming and painful rehab, the true culprit still remains. Resuming normal activities only continues to place undue stress on the already overloaded side. Sadly so, years down the road more surgeries are recommended for other joints that now endure the excessive forces.

How long will it take to heal? This depends on how long you have been suffering from a painful condition caused by your **Leg Length Inequality**. By correcting the cause of the injury with San Diego Running Institute orthotics and following the proper treatment regimen provided by Dr. Runco, you can expect 50-75% relief usually within two weeks. Ask your San Diego Running Institute expert about how to fix your **Leg Length Discrepancy** today!

For a complete diagnostic exam
or more information contact:

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