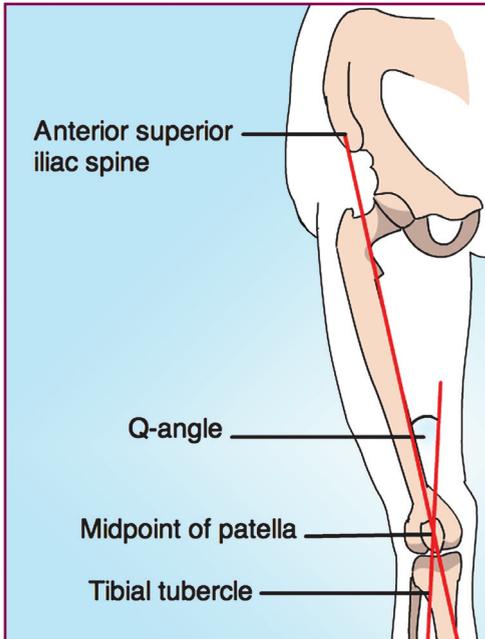


“Doctor, my knee is killing me!”



Over the years, I've had a lot of patients present with this very complaint. Oftentimes, the patient doesn't remember any specific trauma or injury causing the pain. It just came on slowly and IT'S GETTING WORSE!

Fortunately, aside from any blunt trauma or a hyperextension situation, where structures are actually damaged, the knee in many cases can often be very easy to treat. Sometimes with immediate and lasting results.

Psalms 139 says, “I praise you because I am fearfully and wonderfully made.” The knee joint is magnificently well designed. Made to last more than a lifetime, it is an elegant, relatively simple system that, if treated properly, is very strong and remarkably durable.

Think back if you will, to when you were a child. Remember some of the things you put your knees through growing up: sports activities, biking, skateboarding or skiing. And now as an adult, think of the hours you've spent doing

yard work or your trade, riding horseback or playing outdoors, and for most of us, our knees, one of the most active joints in our body, are still going strong with no problems at all. Well... most of us!

For some people their knees are a constant source of pain and discomfort. Sometimes they throb, burn, ache or there's a sharp pain where it feels like it's going to trick out or fail. These symptoms can have dramatic effects on people's lifestyles and health. They don't hike anymore, they don't dance anymore, they don't play with the

kids like they should, and forget about skiing or hunting! When you can't move with ease, you just don't feel like it anymore! The problem and solution can often be found with the Q angle.

The Q angle is the angle formed by the thighbone (femur) and the shinbone (tibia). Slightly larger in women, due to the width of their hips, the Q angle is a very accurate indicator of the proper positioning of the knee joint. Any prolonged increase or decrease in a person's Q angle will eventually produce lasting, degenerative changes in the knee and the joints attached to it. The foot, ankle joint, hip and low back are all directly affected by changes in the Q angle at the knee.

Adjusting misaligned structures in the foot, such as the metatarsal bones, where they

articulate with the toe bones is usually a good place to start. Next, we make sure the ankle is in proper position at the fibula. This often-overlooked joint can have a profound effect on the knee. Very often, the ilium is stuck, pulled back into a flexed position. This causes a situation where the leg is functionally shorter on one side. This very common misalignment places enormous pressure on the knee. Combine the three misalignments and the forecast is pain—and eventually destructive changes, even without any specific trauma to the knee itself.

Now for the good news! Over the years, I've had wonderful success eliminating knee pain with simple chiropractic adjusting procedures and stretching exercises. All chiropractors are well trained in the treatment of the foot, ankle joint, knee joint, hip, and low back.

You've suffered long enough! Schedule an appointment today with your friendly local chiropractor. We will discuss your Q angle and your treatment options and have you on the road to pain-free living—shooting hoops with the kids, hunting, and even dancing in no time at all! ■



See you at the top of the lift! —Dr. B

Dr. Rick Bittner is a graduate of Northwestern Health Science University and owner of Able Chiropractic, at 2855 N. 19th Ave. in Bozeman—**home of the \$29 visit.** Call (406) 548-8822 for an appointment or just drop in!