



Palmetto Clinic of Chiropractic, LLC, uses a computerized foot scan to assess how you are walking and using your feet. In turn, this scan can help us effect positive change in your posture, gait, and ability to perform in your body. Your feet are your body's foundation! They support you when you stand, walk or run and they help protect your spine, bones and soft tissues from damaging stress as you move. Your feet perform better when all their muscles, arches, and bones are in their ideal (stable) positions.

The foot is constructed with three arches which, when properly maintained, give exceptional supportive strength. These three arches form a supporting vault that distributes the body's entire weight equally so that stress and chance of injury are minimized.

If there is a compromise of one arch in the foot, the other arches must compensate and are subject to additional stresses or injury, which usually leads to further compromise in the future. It's a chain reaction of events much like a weak link in a chain will eventually lead to the chain breaking under too much pressure.

Dr. Angela and Dr. Mike know alleviating pain in one part of your body often requires treating a different part entirely. For example, the pain you feel in your lower back could be caused by a misalignment in your spine that is caused by unbalanced positioning in your feet.

Chiropractic and orthotics can help stabilize and balance you – from the foundation to the crown on top!

Orthotics are custom inserts for your shoes that help to stabilize and balance your feet. When you have a stable and firm foot foundation, your body improves in overall performance, efficiency, total wellness and functioning without pain, discomfort or unnatural limitation. Orthotics complement chiropractic treatment when you stand, walk or live your active life.

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