



## Lumbar Spine Sidebends Away

### [Lumber Spine Sidebends Away](#)

On the side of the short leg, the lumbar spine commonly side bends away. The lumbar spine will also rotate toward the side of the short leg. These structural findings commonly occur as the body compensates for the leg length discrepancy in an effort for the body to maintain balance.

## Diagnosis

### Standing X-Ray

#### [Standing X-Ray](#)

If an anatomic short leg is suspected after osteopathic manipulative treatment has been performed to correct relevant somatic dysfunctions, then a standing X-Ray is warranted. The height of the femoral heads is measured; if there is a difference of more than 5 mm then consider using a heel lift.

## Treatment

### Correct Somatic Dysfunctions

#### [Correcting Sumo-tick Dysfunctions](#)

Many times, the leg length discrepancy is due to a functional short leg, and lots of progress can be made with Osteopathic manipulation. Once somatic dysfunctions of the lower spine, innominates, and sacrum is corrected an anatomic short leg can be investigated further.

## Heel Lift Guidelines

### Elderly Start with 1/16th of an Inch

#### [Elderly-person with Sweet \(16\) Cake and Inch-worm](#)

Patients who are elderly, fragile, arthritic, osteoporotic or in acute pain, start with 1/16th of an inch and increase by increments of 1/16th of an inch every two weeks. If a patient has a hip replacement or another sudden change in leg length, then it is acceptable to replace the entire amount of length discrepancy right away. Stop when one-half to three-quarters of the discrepancy is replaced.

### Youth Start with 1/8th of an Inch

#### [Youthful-person with One \(8\) Ball and Inch-worm](#)

Patients who are young, flexible, fit or otherwise healthy can have their leg length discrepancy replaced more rapidly. Apply 1/8th of an inch every two weeks until 1/2-3/4th of the discrepancy is replaced.

### Max Inside the Shoe is 1/4th

#### [Biggest Shoe with One \(4\) Fork and Inch-worm](#)

The maximum height that can be applied inside the shoe is a fourth of an inch. An extra fourth can be applied to the outside of the shoe.

### Max Heel Lift is 1/2 an Inch

#### [Biggest Heel with 1/2 Inch-worm](#)

The maximum heel lift that is possible is a 1/2". If more lift is needed then the lift should be applied from heel to toe to prevent pelvic shift on the opposite side.