

## **The First 'Foot Step' toward Recovery – The Rothbarts Foot Questionnaire**

If you've been to countless practitioners and tried countless therapies, but are still suffering from chronic muscle or joint pain, it is most likely due to the fact that your doctors are not treating the true source of your pain.

Because a common source of chronic musculoskeletal pain has previously remained unknown, doctors have been relegated to treating symptoms. Now that this source has been discovered and a solution developed to deal with it, it is possible to eliminate, not just manage your pain.

While not all chronic muscle and joint pain stems from this source - the Rothbart Foot structure - one way to find out if it may be possible to eliminate your chronic muscle or joint pain is to take this simple questionnaire.\*

- \_\_\_ Are the heels on my oldest pair of shoes worn unevenly? (See Fig.1 below)
- \_\_\_ Do I have calluses on the bottom of my feet?
- \_\_\_ Do I have bunions?
- \_\_\_ Do I have a head forward position? (See Fig.2 below)
- \_\_\_ Do I have bad posture?
- \_\_\_ Do I have scoliosis (severely curved spine)?
- \_\_\_ Was I clumsy or awkward as a child?
- \_\_\_ Are my shoulders rounded?
- \_\_\_ Do I have crooked teeth?
- \_\_\_ Did I wear braces to straighten my teeth?
- \_\_\_ Do I have a tipped pelvis (swayback)?
- \_\_\_ Do I have poor balance?
- \_\_\_ When I walk with someone side by side, do I have a tendency to bump into them?
- \_\_\_ Has my chiropractor told me that I have one leg shorter than the other?

- \_\_\_ Do I have pains that come and go in different joints?
- \_\_\_ Do I prefer to walk barefooted around the house?
- \_\_\_ Do I have tight and/or stiff muscles?
- \_\_\_ Have I seen multiple healthcare practitioners in an effort to resolve my chronic muscle and joint pain?



**Figure 1** - The heels on these shoes are worn unevenly



**Figure 2** - Forward head position.

If you answered YES to 8 or 9 of the above questions, your chronic musculoskeletal pain **may** be due to a Rothbarts Foot.

If you answered YES to 10 or more of the above questions, your chronic musculoskeletal pain is **probably** due to a Rothbarts Foot.

Endnote:

\* This questionnaire is not a replacement for a complete and thorough medical examination by a certified specialist in Rothbart Proprioceptive Therapy, nor should it serve as a tool for diagnosis.