A MEDICAL CATASTROPHE
HIDDEN IN PLAIN SIGHT

SUMMARY: Conclusive evidence has confirmed my almost accidental discovery that ordinary elevated shoe heels substantially supinate the human foot's subtalar joint. Although unnatural subtalar supination might sound harmless, it is shockingly capable of deforming every part of the human body. The confirming evidence is unusually powerful since it is based on a technical breakthrough in the measurement of joint motion – a new gold standard combining dynamic biplanar radiography, CT scans, and 3D computer modeling. The probable impact of the biomechanical discovery is to turn the long-settled science of gross human anatomy on its head.

That is likely because the unnatural supination tilts and twists the subtalar joint to the outside throughout the stance phase of the foot on the ground during running, forcing the subtalar and ankle joint complex to invert 8° and externally rotate 20° at exactly the same time that a peak load of 3 times bodyweight is reached at the midstance point of each right and left running stride. That is a serious problem because the ankle joints are the keystones to the foundation of the entire human body and the major 8° & 20° ankle misalignment occurs millions of times throughout life under what is by far the greatest repetitive load experienced by the human body.

Ordinary elevated shoe heels are empowered thereby to deform all of the bones, joints, and organs of the modern body biomechanically, from toe to head, by artificially twisting and tilting them relentlessly under 3 times bodyweight load. The continuous destructive effect is imperceptible because it builds gradually over a lifetime. The stealth deformity begins very early in life in the critical growth years of childhood when running takes place exceptionally often, so that the development of the artificial deformity, with terrible irony, is mistaken for natural growth. Once it begins, the gradually crippling deformity continues to worsen undetected throughout life, secretly creating major diseases with causes that are currently unknown, like osteoarthritis. Consequently, the "normal" modern human body is in fact unnaturally abnormal. The extent of the abnormality for any individual varies principally according to the individual's sex and the cumulative effect of the individual's own particular use of shoes with differing heel heights over a lifetime (including collateral damage from directly related injuries like lateral ankle sprains and breaks), as well as the otherwise trivial genetic structure of the individual's right and left subtalar joints.

How the everyday shoe heel manages to create such pervasive deformity throughout the modern human body is the focus of my new book. See the most recent abridged and full drafts in the **Research** section of my website: www.AnatomicResearch.com

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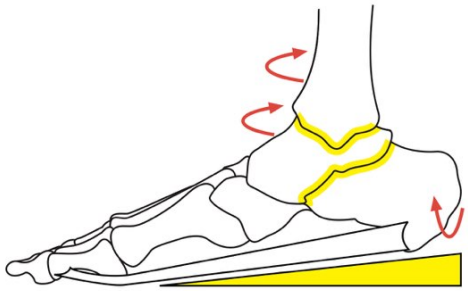

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