

A FEW LETTERS IN SUPPORT OF DR. GOLDMAN'S WRITINGS AND PRACTICE

“Dr. Goldman’s book is novel and revolutionary. I recommend this book as a common sense approach to pain management. At last, an author who ties together biomechanics and the important foot/ankle and spine relationship. This is required reading!”

Mark A. Young MD, Fellow, American College of Pain Management

Physical Medicine & Rehabilitation

Professor, Dept of Orthopedic Sciences & Rehabilitation New York College of Podiatric Medicine

Editor, *Physical Medicine and Rehabilitation Secrets* Editions 1,2 and 3

Author, *Women & Pain: Why it Hurts and What You Can do?* (Hyperion)

“This book is a treasure-trove of insights and expertise from a master clinician. Dr. Goldman’s approach to physical diagnosis changed the way I think about low back pain. Instead of resorting to medications, injections, or surgery, many people can benefit from improved gait mechanics. **This book is a step-by-step guide to identifying specific problems and implementing practical solutions. Your patients will thank you!**”

Beth B Hogans MD, Ph.D.

Diplomate, American Board of Psychiatry and Neurology

Diplomate, American Board of Pain Medicine

Associate Professor and Director of Pain Education

Department of Neurology Johns Hopkins School of Medicine

Author, *Take Back Your Back* (Fair Winds Press, 2011)

“Dr. Goldman’s work serves as a reminder that all medical progress starts with impeccable observation. **His presentation of the association of spinal stenosis, pseudo stenosis and peripheral neuropathy expands the traditional view and provides a new structure for practitioners to diagnose and treat disorders of the peripheral nervous system.**”

This text provides clinicians and patients a novel vision for abetting suffering from these disorders by explaining precise symptom complaints, examination findings, treatments and testable outcomes. The patient case format allows accessibility for patients and reminds practitioners that we serve to holistically improve the lives of people by treating body, mind, and spirit.”

Marian Lamonte, MD Chief of Neurology, St Agnes Hospital Baltimore.

Clinical Associate Professor, Neurology, University of Maryland School of Medicine

“This book—like no other I can recall—bridges the gap between lofty academic research and immediately useful tips and tools. Bravo!”

David G. Armstrong

Professor of Surgery

Director, Southern Arizona Limb Salvage Alliance

University of Arizona College of Medicine

“Dr. Goldman’s book is very unusual in many ways and this, by itself, will be one of the reasons that it will be well-received by its readers. First of all, let me say that this book offers a lot of valuable recommendations and insights into the reasons for chronic foot, ankle and leg pain. It also offers a well-thought-out list of recommended solutions to each of these conditions.

Written in a very unique and less formal style, that is very conversational in its approach. This makes for easy reading and understanding of the contents by both patients and clinicians alike. Dr. Goldman also uses a technique of repetition of key learning points to allow the reader to appreciate and retain the primary concepts of the book. The other unparalleled method of making a point is Dr. Goldman’s extensive use of “StoryTime”, where he describes actual case history reports regarding each subject.

Even though the photos and illustrations in the book are small, black & white, and of medium quality, they are sufficient for demonstrating techniques, clarifying positions, and documenting the activity that is being discussed. After reading this book, it is very obvious that Dr. Goldman has spent decades studying and thinking about his concepts and now, he has put all of that knowledge into the written format, and published this book. I highly recommend this book for all patients with chronic lower extremity problems and for all clinicians that treat these patients.”

**G Dock Dockery, DPM, FACFAS-Fellow, American College of Foot and Ankle Surgeons;
Diplomate, American Board of Foot & Ankle Surgery; Diplomate, American Board of Podiatric Medicine;
Director, International Foot & Ankle Foundation for Education and Research; Seattle, Washington**

“It is only once in a while that a physician is taken by some higher calling to dedicate himself into extreme depth of one disease. Dr. Stuart Goldman is such a man. His passion and plethora of knowledge in Neuropathy, Lower Extremity Arthritis and Spinal Stenosis truly makes him a harbinger in our field. Having sent many patients to this man, I can say without reservation, that he walks the talk, and gets results. Dr. Goldman’s book, *Walking Well Again*, should be a textbook studied by all students and practitioners treating patients with Neuropathy, Arthritis, or Spinal Stenosis symptoms.”

**Bret M. Ribotsky, DPM, FACFAOM, FACFAS
Past President, American College of Foot and Ankle Orthopedics & Medicine
Distinguished Practitioner, National Academies of Practice
Founder of “Meet the Masters” www.PodiatricSuccess.com**

“Dr. Goldman’s new book will be found illuminating to many doctors and patients alike. This book provides a delightfully written overview of techniques, many of which Dr. Goldman has developed himself. These approaches have often enabled him to resolve chronic or severe arthritis and neuropathy pain that had resisted prior care. Over the years many patients of mine have been the beneficiaries of his care. **Readers will take away valuable information that may lead to the same great improvement that so many satisfied patients have already.**

Successful implementation of this book will provide a path to living a more active life with much less pain for many people. I highly recommend it.”

**Julian Jakobovitz MD, Diplomate American Board of Internal Medicine
Associate Professor of Medicine Johns Hopkins University School of Medicine**

“As a surgical podiatrist by training who purchased Dr Goldman’s previous practice, I am in a unique position to comment on his techniques. I was fortunate to spend time with Dr Goldman seeing patients. My skepticism on his unusual techniques proved unfounded as numerous patients told me that their pain had been relieved. I have been able to help quite a few people thanks to the time spent with Dr Goldman and, as a surgical residency director, I am proud to pass this school of thought on to my surgical residents.

Through this revolutionary book, the podiatry and medical community at large will be fortunate as I was to learn and implement these discoveries in their practices. **This book reveals the links between Spinal Stenosis / Pseudo-Stenosis and painful arthritis, peripheral neuropathy, and the many other medical conditions addressed in this book, and presents innovative paths for successful treatment.**

The timing for this book could not be better. The ART of medical practice is being lost. Too many patients have treatment failure based on tests and imaging, without thorough evaluation. An equally important message to take home from Dr Goldman’s wonderful book is the imperative need to ask the right general and specific questions, to

listen, to touch the patient, and to watch them walk! How else can we honestly attempt to help our patients with lower extremity pain, and to ‘Do no harm?’”

Kyle J. Kinmon, MS, DPM, FACFAS
Director of Residency Training Podiatric Medicine and Surgical Residency
Bethesda Memorial Hospital Boynton Beach Florida

“I have had many patients over the years who have had the privilege of excellent diagnosis and treatment of their foot problems by Dr. Goldman. He has applied his insights and experience in treating peripheral neuropathies in the foot and illuminating their relationships to spinal stenosis. **All readers should benefit from his knowledge, as well as following Dr Goldman’s holistic and common sense approach to help his patients.**”

Allen Friedman MD Diplomate American Board of Internal Medicine

“I have known Dr. Goldman for many years and have shared many patients with him. He has a wonderful ability to help people with chronic pain of various etiologies with his non-invasive holistic approach. **He has save many patients from risky procedures and spared them from life with chronic pain.** I highly recommend considering his evaluation and treatment techniques.”

Elliot Rothschild MD Diplomate American Board of Internal Medicine
CEO Baltimore Suburban Health

“Dr. Goldman has been taking care of my patients for years. **His diagnostic and therapeutic techniques are applicable for patients with arthritis of the spine, hip, knee, and feet as well as patients with spinal stenosis.** Dr. Goldman’s research and resultant techniques have helped many of my patients with these conditions significantly reduce their suffering. The great majority of my patients achieved rapid improvement in their symptoms in an average of 1-2 days. Additionally, use of his therapies reduces cost, as more expensive imaging studies such as MRIs are not needed and referrals to other specialty providers are greatly reduced. I strongly recommend this book for both patients and practitioners.”

Miguel Sadovnik MD Diplomate American Board of Internal Medicine

“I am a Geriatric Nurse with 38 years of experience who became crippled by spine and leg pain that was not helped by physical therapy, medicines, or injections, despite efforts by many specialists over 7 years.

Dr. Goldman rapidly relieved all of my symptoms without medication or therapy, and helped me to resume a normal lifestyle, including going back to work full time, without pain, at the age of 68! I recommend that anyone treating geriatric patients study his book, and use his original insights and approaches to Pain Management of Spinal Stenosis, Arthritis, and Neuropathy symptoms. Your patients will thank you!»

Francis Shultz RN BS Geriatric Nurse.

As a Physician Assistant working in Internal Medicine, I see how many patients suffer from chronic neuropathic and degenerative, arthritic pain. Conventional treatment often provides limited or only temporary relief. Through sharing patients with Dr. Goldman, I have been fortunate enough to see many patients reap the benefits from his techniques, rapidly, with greater effect and duration than conventional treatment. **It is my opinion that the practices presented in this book should be considered in the primary care setting as an initial mode of investigation and treatment for neuropathic and arthritic pain, before pharmacotherapy.**

Rachel Richards, PA-C

**PAIN FREE Walking, Standing, Sleeping & Sitting
*Frequent Relief in 1-3 Days***

Walking Well Again

Neutralize the Hidden Causes of Pain

**A GUIDE FOR PATIENTS & CLINICIANS to
Abolish Symptoms of**

*Arthritis Fibromyalgia Spinal Stenosis
PseudoStenosis Diabetic Neuropathy Peripheral Neuropathy
Leg Length Discrepancy Restless Leg Syndrome Painful Swollen Legs
Poor Circulation Poor Balance Flat Feet & other conditions.*

2nd Edition

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INTRODUCTION

YOU MUST READ THIS FIRST

Do you, or does someone you care for, have any of these concerns:

Spinal Stenosis	Low back pain or arthritis	Pain radiating from the back
Diabetic or Peripheral Neuropathy	Burning or tingling feet or legs	Numbness of the feet or legs
Poor circulation, causing symptoms	Claudication of the legs	Painful swollen legs
Improved walking with a grocery cart	Poor balance	Fibromyalgia
Arthritis of the hip, knee, ankle, or foot	Overall discomfort that persisted or got worse after joint surgery	Feet that are different from each other
Tendonitis of the ankle	Lack of success with orthotics	Restless Leg Syndrome
Leg cramps, day or night	Aching or tired feet	Inability to walk well
Inability to stand well	Inability to sleep well	Inability to sit well
Difficulty arising from a seated position	Difficulty bending over to pick things up	

If so, welcome to *Walking Well Again*.

Believe me when I say that this book is a labor of love. Whether you are a patient seeking help, a family member trying to help a loved one regain the pain-free living and mobility that he or she enjoyed in years past, or a medical professional investigating, welcome.

I am not an academician. I did not spend years in an intellectual ivory tower, hatching theories and testing them. The approaches shared on these pages that can rapidly conquer foot, leg, and back symptoms, were developed “in the trenches” of private practice. I was desperate to help people who were desperate to be helped. You might say that necessity was the mother of invention in the formulation of all my ideas, but I know that I have also had Divine assistance. The result? With these techniques, in the last 15 years, well over 3500 people have been freed of chronic painful symptoms and disability that had defied previous diagnosis or care.

Through the rigors of my private practice and by preparing many articles for publication, my ideas have been refined and improved, and their uses expanded. I now understand the basics of how these approaches work, although I’m sure there is still much to learn. The most important point is that they *do* work. For some conditions, these approaches are effective about *70% of the time*.

If they work, they always work within 1–3 days.

When you attend a live acrobatic performance or view one on TV, you might hear the announcer open with the disclaimer “Don’t try this at home.” In contrast, the goal of this book is to provide direction that may help overcome problems—and that often can be implemented without medical guidance—at home.

Before you try any suggested treatment, it is important to adequately understand the symptoms. People often do not know the details of the symptoms that cause so much of their suffering and limitation. Heroically struggling to cope, they do their best to ignore the pain. They resign themselves. They adjust. Some have almost given up hope of ever living pain free again.

For your own benefit, it is valuable to take stock of your symptoms first. Chapter 3 contains a questionnaire that you can fill out before and after treatment, allowing you to follow the status of your symptoms. The comparison will help you clearly grasp the benefits or limitations of treatment.

There are, however, circumstances under which you MUST obtain a professional evaluation rather than try the techniques I will share on these pages. While these techniques *might* be helpful for an acute flare-up of a long-standing problem, they are primarily designed to treat chronic problems, not new and sudden ones.

Acute problems involving the back or leg may be dangerous. An extreme but fortunately rare example is a condition called “Cauda Equina Syndrome.” Symptoms include severe back pain that may radiate to the legs and may be accompanied by a loss of bladder or bowel control, constipation, and numbness in the genital or anal area. If such a severe change occurs, it’s important to be seen by emergency room personnel as soon as possible, and *not* to try to relieve your symptoms at home.

A fracture of a vertebra (bone of the back), a slippage of a vertebra, an abdominal aneurism (enlarged artery), a spinal infection, a kidney stone, or even shingles can appear present with acute low-back pain, which may or may not radiate into the legs. If you have any such symptoms that develop suddenly, seek emergency evaluation as soon as possible. **With sudden or severe back pain, the rule is better safe than sorry. Get it checked out.**

Sudden weakness in a foot or leg could be a sign of a stroke. Coolness or coldness in a foot or leg could be a sign of a circulation blockage, which must be addressed quickly. Redness or swelling on a leg could be caused by an infection, a blood clot, a fracture or tendon problem, or a flare-up of a form of arthritis such as gout—all of which require immediate medical attention.

All sudden changes must be checked out by a competent medical specialist, and quickly. This book is not intended to replace that kind of care.

In contrast, *chronic* symptoms—whether constant or intermittent—in the back, thighs, knees, legs, or feet, can be investigated with the approaches described here. However, I repeat that before you try the approaches I provide, you should properly investigate and document your symptoms by filling out the questionnaire in Chapter 3.

Here ends the mandatory section of this introduction.

The remainder will help you better understand and use this book

By now, you may have noticed that I tend to repeat myself. This is intentional. There are four reasons for repetition in this book.

1. You might not read the whole book! I anticipate that many people will skip to the chapter focusing on their particular problem. Each chapter must therefore be able to stand somewhat independently. Throughout the book, I reinforce basic or essential ideas, as well as refer the reader to the relevant chapters for in-depth understanding.
2. It will help you really “get it.” It is well known among medical professionals that important information must be repeated to ensure the best chance that the patient will understand and comply. A visit to the doctor’s office induces a natural amount of stress, and if you are in need of help, you may also experience stress while reading this book. Under such conditions, people don’t always remember everything they’ve been told or have read.
3. What I present here is very different from standard medical practice. Please consider the repetition of these ideas as a sign of my commitment to the approaches presented here. I do not make any recommendation frivolously. These ideas and approaches are the product of 14 years of investigation, contemplation, and successful use. Repetition is meant as a reinforcement of my commitment to them, and of my belief in the hope they hold out to so many long-time sufferers.