



## Biomechanical Assessment

**I have a painful lump on my foot. I have a corn, VERRUCA or hard skin**

This kind of problem requires a routine chiropody treatment

A Biomechanical is a full assessment of your walking pattern (Gait Cycle). To do this the podiatrist watches you walking. You then lie on the couch and measurements are taken of your hips, knees, feet and your muscle tones and structures.

**Why is it necessary?**

If you experience any aches or pains in the legs or feet or joints of the feet whilst walking or playing sports. By having this assessment we can determine if you are 'out of alignment' and see if this is having a direct effect on your feet and/or legs and causing them discomfort.

**THE AIM OF THE TREATMENT**

We then give you an orthotic, which is an insole that goes in your shoe. The Orthotics change the way your foot loads against the floor and puts your feet and therefore body in a better position to help ease and often eliminate your pain or discomfort.

**What do I bring?**

Shorts or trousers that roll above the knee. Also a selection of the style of shoes you generally wear. If you are sporty then also bring your trainers.

**I wear court shoes**

This is ok, we can give you a fashion insole that fits this type of shoe.

**Can it really help?**

Orthotics can really make a difference to you. As you can walk comfortably again and feel like you can get through the day more easily.

**How much are they?**

The assessment is £45 and takes an hour. Included in this fee you are given a temporary insole. If these feel good and we get the required results we get you a permanent pair, which start at £90.00. The temporary insoles are useful indicators and can be changed more easily than the permanent ones.

**Do I wear them all the time?**

It is similar to wearing glasses. As it is something that you will wear permanently to assist you. You will probably want to wear them constantly, when you feel the benefits.