

How often to I need to have FMT?

We recommend that you have a course of FMT. The course is 5 weeks long.

We will initially treat you twice a week for 1 week and then after this once a week for 4 weeks. You will given exercises at home to do during this time. After this 5 weeks of treatment we will have a review to see how your issue is improving.

Normally at this stage things would have much improved and typically you would only need one off treatments if needed. However, in some cases another course of treatment may be needed.



How much does it cost?

Course of FMT = 5 Weeks in Total=£195

plus home exercises (included in price)

One off FMT treatments- £38 each time

How do I hear more about the clinic?

There are lots of ways for you to keep in touch with all of upcoming news at the practice:

- You can follow us on our social media channels: Walsh Podiatry
- You can subscribe to our newsletter at www.walshpodiatry.co.uk
- You can read our blog at www.walshpodiatry.co.uk/blog

How do I book an appointment?

You can book an appointment:

- By phone: 0121 749 6313
- In person: 329 Chester Road, B36 0JG
- Online: <https://walshpodiatry.co.uk/book-online>



329 Chester Road, Castle Bromwich, B36 0JG
0121 749 6313
reception@walshpodiatry.co.uk

Foot
Mobilisation
Therapy
(FMT)

What is foot mobilisation therapy (FMT)?

FMT is a gentle manual therapy which puts bones, joints and soft tissues back into their optimum position or alignment which makes them function better. The benefits of this are;

- Better joint function and range of motion
- Less pain in our feet and legs
- More walking and running achieved with less issues

What can FMT be used to

FMT can be used to treat:

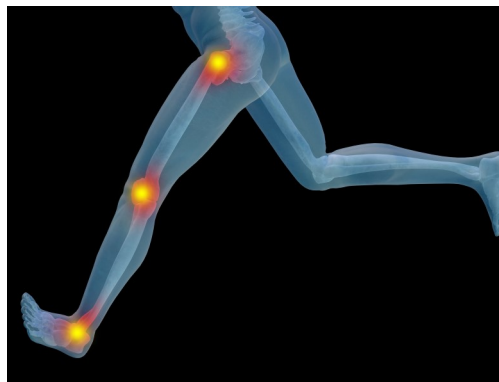
- Heel Pain
- Foot and Leg pain
- Knee and hip pain
- Chronic Ankle sprains / instability
- Mortons neuroma
- Plantar fasciitis
- Muscle injury
- Tendonitis / Tendinopathy
- Stiff Joints
- Shin Splints
- Cuboid Syndrome
- Osteoarthritis

How does FMT work?

FMT works by allowing the body to naturally repair itself through mobilising restricted joints and releasing connective tissue restrictions. Gradually the soft tissues which form bonds in the foot restricting normal function are released and they form new bonds in better positions to help normal function. This it can then allow chronic injuries to heal as well as reducing inflammation and pain and improving joint integrity, foot posture and muscle strength.

How do I know if I need FMT?

If you are experiencing pain in your feet or legs or are experiencing any of the complaints listed we recommend that you book in for a biomechanical assessment initially. This assessment will include an analysis of your gait, joint range of movement and dysfunction. It will also allow us to see if you are suitable for FMT.



What should I expect?

We will gently and carefully manipulate the joints and soft tissue in order to achieve the correct alignment for your foot and improve your symptoms. You may hear some popping or cracking. This sound is the change in joint pressure and does not mean the joint has been damaged and is nothing to worry about



Does it hurt?

The mobilisation of joints generally isn't painful however sometimes, it can be slightly uncomfortable. Occasionally initially when you start treatment you may experience a slight worsening of the symptoms or have other symptoms. This is because as the joints and soft tissue increase their range of motion the other structures around this have to adapt to a better position. This is only temporary and is often a good sign.