

## What do I need to bring with me?

In order to accurately assess the joints in your feet and your legs we ask that you either come or bring with you a pair of shorts.

We also ask that you bring with you the shoes that you normally wear plus any shoes that you wear for a particular activity. This is so that if we issue you with insoles or orthotics we can fit them to your footwear.



## How much does it cost?

The cost for a biomechanical assessment is £95.

If you require any insoles or orthotics these start from £26.

The cost of a biomechanical assessment, 3D scanning and provision of a pair of orthotics is £435.

## 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](http://www.walshpodiatry.co.uk)
- You can read our blog at [www.walshpodiatry.co.uk/blog](http://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>



## Biomechanical assessment



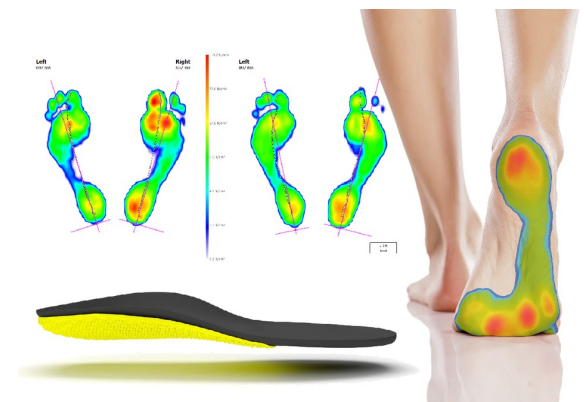
329 Chester Road, Castle Bromwich, B36 0JG  
0121 749 6313  
[reception@walshpodiatry.co.uk](mailto:reception@walshpodiatry.co.uk)

## What happens next?

The treatment plan and advice that we give you will all depend on the issue you present with and the results of our examination. In some cases an exercise regime may be given to help strengthen muscles and soft tissues.

We may feel that you benefit from insoles or orthotics. These are corrective devices that go inside your shoe and physically alter the position of the joints, muscles and soft tissues inside your foot and legs. If you are suitable we may issue you with insoles. We make these on-site which allows us to make any changes that may be required.

You may require or may choose to opt for an orthotic. This is a device which is made specifically for your foot. We have two choices when it comes to custom made orthotics. We can decide during your appointment which one you would be most suited for. For these orthotics we will either use a 3D scanner to scan your feet or we will use a pressure plate to assess pressure distribution on your feet. We will then write a prescription based on the results of your biomechanical assessment and send this along with your scans to the lab. They will then create a custom made device specifically for you.



## What is involved in a biomechanical assessment?

During your biomechanical assessment we will conduct a thorough examination of the joints in your feet and your legs. This involves testing their range of motion in order to see if there are any restrictions in these joints.

We will then use a treadmill to conduct a gait analysis (an assessment of how your feet move when you walk). Using video we are able to record your feet as you walk which will allow us to slow the steps down and see in detail exactly how your foot is functioning.



We may also use our pressure plate system during your assessment if required. This provides us with a clear image of exactly where the pressures are in your feet and so allows us to customise your treatment accordingly.

In some cases, depending on the pain you present with we may feel it necessary to use ultrasound. An ultrasound works a little like an x-ray, but instead of looking at bone we can see soft tissues and muscles. This allows us to see exactly what muscles/tendons or ligaments may be affected and give us a more accurate diagnosis.

## What is biomechanics?

Biomechanics is the study of how our joints, bones, muscles and soft tissues all interrelate with each other as we walk.

## How do I know if I need a biomechanical assessment?

When the joints or muscles or soft tissues in our feet, ankles and legs are functioning less efficiently or being overworked it can lead to symptoms. These symptoms may be reoccurring and may be quite debilitating.

If you are suffering with any of the below issues you may benefit from a biomechanical assessment:

- Foot aches or pains
- Back pain
- Hip pain
- Knee pain
- Calf pain
- Shin pain
- Heel pain– most commonly plantar fasciitis
- Ball of foot pain
- Joint pain