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INFORMATION FOR PATIENTS ABOUT THE BIOMECHANICS ASSESSMENT CLINIC



What is the Biomechanical Assessment Clinic?

In this clinic the Podiatrist that you will see will try to find what the problem is that is causing pain. Often the pain will be in the foot or ankle but sometimes, the pain can be in the leg, knee, hip or lower back.

The Podiatrist may then see you standing or walking in order to see if the problem has arisen due to putting too much force through a particular area of your foot which can cause or contribute to the painful problem.

What will happen during your appointment?

At your appointment you will be asked detailed questions about your problem and how this is affecting you.

To allow a thorough visual examination by the Podiatrist, it would be helpful if you bring a pair of shorts with you. Failing this, loose trousers are the next best item of clothing. You may change at the clinic.

The Podiatrist may need to examine your legs, thighs and on some occasions your back.

How long will I need for the appointment?

The full assessment may take up to 45 minutes, so please be prepared to spend that length of time at the clinic.

Following your Assessment

After you have been examined the Podiatrist will talk to you about the best way of managing your symptoms, this may include fitting customised insoles (called foot orthoses), into your shoes. The insoles are generally comfortable to wear though may need a short adjustment period.

It is best to wear shoes that are fairly comfortable and not too tight in case the Podiatrist needs to fit insoles inside them. Sandals are not appropriate to fit insoles in as they will slip out. If in doubt, bring more than one pair of shoes.

There may be some exercises to do at home such as strengthening or stretching. Often there will be additional advice to help with other areas of your life such as exercise or footwear.

Sometimes the Podiatrist may need to work closely with a Physiotherapist or Doctor in order to give the best help for your condition.

How will my doctor know what is happening?

We will write to your doctor at the end of your treatment from the service to make sure they are aware of the outcome.

Thank you for reading this leaflet. We look forward to seeing you for your appointment.