

The assessment...



The cause of your problem may not be in the feet, but elsewhere in your body. Therefore, your

walking pattern and posture must be observed, sometimes we use a treadmill and cameras for this.

We also need to assess the joints (position, function, range of motion, etc.) so you will be asked to lie on your front and your back whilst we assess you. Some patients may need a foot scan, with a walk-on scanner.

If a casted orthotic is required, a mould will be taken of your foot. This, along with measurements



taken during the assessment, will be used to create a prescription for your orthotics.

The orthoses can be designed to account for different shoes, activities and lesions.

What's next...

The assessment takes 45–60 minutes, please bring shorts and several pairs of shoes.

The cost of orthoses varies according to your needs and will be discussed during your assessment.



All our Podiatrists (Chiropodists) are educated to degree standard (or equivalent), are registered with the Health & Care Professions Council (HCPC) and are full members of the College of Podiatrists

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Gait Analysis and Biomechanics



Head & Short
PODIATRISTS LTD

What is my problem?

"my feet ache"

"my knees feel sore"

"I keep spraining my ankle"

"the front of my legs get really painful when running"

"my child keeps tripping up"



Many people put up with tired, aching feet at the end of the day because they think it's normal. Many accept that joint pain is part of the aging process and, as such, has to be lived with. Other individuals enjoy exercise but limit their activity because they think the onset of pain is a sign that they are not designed for that particular task. Perhaps your child has flat feet which causes pain or your child in-toes (is pigeon toed)?

Whatever your problem we may be able to help!

The underlying causes...

Most joint and muscle pain is due to misalignment of the bones, muscles and tendons. The tyres of a car will wear unevenly if they are not balanced or in line, likewise the joints of the body will wear, and become painful if they are in the wrong position at the wrong time. Your body compensates by changing the position of adjacent bones and muscle groups. This compensation, in itself, may cause symptoms and problems.

Mal-alignments can be congenital (you are born with them) e.g. knock knees, which force the foot into a flat position. Sometimes you may have a muscle imbalance, for example tight hamstrings. People can develop problems after surgery because the procedure has changed the shape of the foot. Problems can even arise due to poor posture. Repeating an activity several times daily in the wrong position (repetitive strain) can cause joint and muscle pain.

What treatments are available?

We treat you in many ways including using specially designed prescription orthoses (insoles), exercises, myofascial acupressure, serial casting (usually in infants), and footwear.



Orthoses maintain the feet in their ideal position reducing the need for the body to compensate, thus reducing your symptoms. We may also provide ankle braces, splints, Paediatric orthoses, wobble boards and other exercise accessories necessary to your treatment.

Children's feet...

Some children present with flat feet, in-toeing, muscle fatigue or frequent tripping...but is this abnormal?

Severe flat feet, persistent tripping on a flat even surface or fatigue after moderate levels of activity requires further investigation. In-toeing caused by the foot in an infant may be treatable with serial casting. Juvenile bunions or clawing of the toes may benefit from intervention as well.

If your child complains of joint pain it may not be growing pains but related to a mechanical problem. Hypermobile (very flexible) joints can affect the lower limb and often require orthoses and exercise.

If you're unsure please seek Podiatry advice.

