

## BIOMECHANICS

### WHAT IS A BIOMECHANICAL ASSESSMENT?

During a Biomechanical Assessment the Podiatrist you see will try to find out the cause of your 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.

### WHAT SHOULD I EXPECT FROM AN ASSESSMENT?

During your appointment the Podiatrist will ask you detailed questions about your problem and how this is affecting you. A full medical history will be taken to give a complete overview of your condition.

The Podiatrist will then perform a full visual examination. The Podiatrist may need to examine your legs, thighs and on some occasions your back. To aid this examination it is useful to bring a pair of shorts or loose fitting trousers with you.

### FOLLOWING YOUR ASSESSMENT.

Following your assessment the Podiatrist will talk to you about the best way to manage your symptoms. This may include footwear advice, the fitting of customised insoles (foot orthoses) and exercises.

It is best to wear shoes that are able to accommodate an insole. Sandals are not appropriate as the insole will slip out. If in doubt bring more than one pair of shoes with you.

Sometimes the Podiatrist may need to work closely with other professionals such as a Physiotherapist or your GP in order to give you the best help for your condition. On occasions this may mean onward referral.

*This leaflet has been written to help you understand more about the problem with your foot. This leaflet is not a substitute for professional medical advice and should be used in conjunction with verbal information and treatment given.*