

Biomechanics

Information for patients

What is Biomechanics?

Biomechanics is the term used to describe the way in which we walk and the way that the bones and muscles work together. Problems with the foot, ankle, knee, hip, lower back and the way we walk can be associated with poor biomechanics.

Common conditions we treat:

- Plantar Fasciitis
- Morton's neuroma
- Achilles tendonitis
- Painful flat feet
- Painful high arched feet
- Arthritis
- Muscle weakness

What happens at my assessment?

Your assessment involves looking at the structure and alignment of your feet and legs and it will help to identify any factors that may be causing or contributing to discomfort.

The podiatrist will test your muscles and movements at the main joints in your feet and legs. They will also watch how you walk.

What do I need to bring?

Please wear loose fitting trousers that can be rolled above your knees, or bring some shorts to change into. Please also bring two pairs of shoes that you wear the most. These should not be sandals or backless shoes, but should ideally be a trainer style shoe.

How will my condition be treated?

Following assessment, a treatment plan will be devised to help address your complaint. This may involve any of the following:

- Stretching exercises.
- Strengthening exercises.
- Orthotics (insoles).
- Referral for further investigations.
- Referral on to another specialist.

What is an orthotic?

Many biomechanical problems are treated using orthotics. This is a customised insole that goes inside your shoes to help support your foot according to your foot type.

Podiatry Services
City of Coventry Health Centre
2 Stoney Stanton Road
Coventry
CV1 4FS
Telephone: 024 7696 1335

