



Biomechanical Assessment & Orthotics

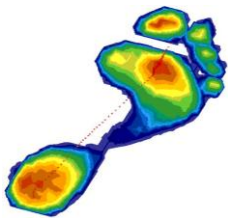
Many common aches and pains in your body can be related back to your feet.

Biomechanics is the study of how your body works and moves.

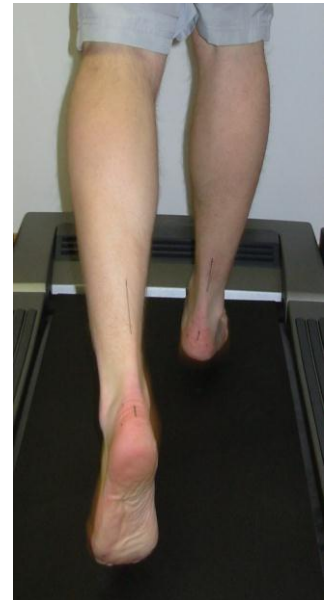
Biomechanical problems can cause: **foot, knee, hip or back pain.**

A **biomechanical assessment** looks at how the muscles and joints of your body work together.

Static measurements are taken, then computerised video-gait analysis is used to analyze you walking or running, in order to help diagnose the cause of your problem.



These problems are treated with **orthotics** which are specialised insoles that are manufactured from a mould (cast) of your feet. They can be made to fit everyday shoes, dress shoes, or sports shoes & boots.



Orthotics are particularly suited for those who are:

- On their feet all day
- Sports people
- Keen walkers / runners
- Over 40 years old
- In pain
- Chronic back pain sufferers
- Children with "flat feet"

If you are unsure about whether orthotics may help you, speak to Matt Owen (Podiatrist), who conducts the assessments, or to your Physiotherapist.

Highest Quality

The orthotics are made using a combination of the latest computer technology and hand craftsmanship. Orthotics are hard wearing and can last for many years. They are made at Sub-4 biomechanics laboratory, as used by many professional athletes e.g. Michael Owen (Man. Utd), Martin Petrov (Aston Villa), Thomas Chamney (Irish Runner).



Michael Owen with Sub-4 MD Clifton Bradeley

"I have been... using Sub-4 orthotics for a few years now. They have helped to keep me injury free and helped my performance in both the Olympics and other major championships"
 (Thomas Chamney, Irish 800m / 1500m runner)



Thomas Chamney

Usual pattern of treatment

Step 1: Initial Assessment & Treatment (30 mins)

Medical history, foot health check, initial diagnosis of your problem. Initial treatment, which may involve footwear advice, stretching and strengthening exercises.

You may also be referred on to a specialist physiotherapist to help aid your recovery.

If appropriate progress to:

Step 2: Biomechanical Assessment – (1hr 15 mins).

Including full consultation with video gait analysis. If you are a sports person, an extra 15 minutes are allowed to video you running both barefoot and in trainers. Sports assessment only available at Lisburn Clinic.

Step 3: Pair of custom-made orthotics issued (specialized insoles, taken from a 3D mold of your foot) These usually take about 3-4 weeks to come back from the lab, following your assessment.

All follow-up appointments for 3 months are included free of charge.

Optional: Discounted price for a **2nd pair of orthotics**. These are recommended for sports people or those who regularly change their style of footwear.

What about other orthotics/insoles?

Off the shelf (basic or heat-moldable orthotics) are available as an alternative. These are cheaper and have a shorter lifespan. They are suitable for those with minor foot problems, children, or as a trial before casted orthotics. If you choose or are recommended off the shelf insoles, these will be issued at a further 30 minute appointment, following your initial appointment.

Casted orthotics are the gold standard, tend to be much more comfortable, more effective at reducing pain and will last for many years. They are recommended for sports people and those with a leg length difference (more common than you might think!).

Book your assessment now!

Lisburn: (028) 92 622912

Crossgar (028) 44 830111

www.feetfeetpodiatry.co.uk

Private Health

Insurance: Some insurance companies will pay for the cost of the assessments. However, always check with both The Clinic and your provider that your policy will cover this before you come for your appointment. Unfortunately, most insurance companies will not pay for the orthotics themselves.

What to bring with you to the biomechanical assessment

- Pair of shorts / loose trousers
- 2-3 pairs of shoes you wear the most
- Any sports shoes / boots
- Any existing orthotics/ inserts