*\*Biomechanical Treatment Pathway Disclosure:\**

*At The Foot Room, we are committed to providing the highest level of care to our patients, and our biomechanical treatment pathway reflects our dedication to achieving optimal results. Here's what you need to know about our approach:*

*Comprehensive Care, Tailored Solutions:*

*Our biomechanical treatment pathway consists of up to four appointments, designed to address your unique foot and lower limb concerns. We believe in thorough evaluation, precise diagnosis, and a personalised plan for your recovery. Our goal is not just to provide immediate relief but to offer a long-term solution that enhances your overall foot health.*

*Flexibility in Treatment:*

*We understand that not all patients require all four appointments immediately. Every patient's condition is unique, and our experienced podiatrists will use their expertise to determine the best course of action. If your condition improves after fewer appointments, the remaining appointments will be stored on your account to address any future biomechanical issues that may arise.*

*Effective Problem-Solving:*

*Our approach is grounded in the belief that a rushed assessment and treatment may not yield the best results. Instead, we take the time to thoroughly diagnose your condition, explore various treatment options, and refer to specialists when necessary. This ensures that we have a complete understanding of your needs and can develop a comprehensive treatment plan.*

*No Immediate Refunds:*

*Please note that we do not offer refunds if all four appointments are not needed immediately. Our priority is to provide the best possible care, and the four-appointment pathway allows us the flexibility to achieve this efficiently. If further appointments are required beyond the initial four, they will be discussed and agreed upon with your podiatrist.*

*Transparent Communication:*

*Throughout your treatment, our team of experts will maintain open and clear communication with you. We will explain the reasoning behind each step of the process and involve you in decisions about your care.*

*We are dedicated to helping you achieve the best possible foot health and mobility. Our biomechanical treatment pathway is designed to ensure that you receive the attention and care you deserve. If you have any questions or concerns about your treatment plan, our team is here to address them and work with you to achieve your health goals.*

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# Biomechanical Treatment Pathway and Gait Analysis



If you are suffering from pain in your feet or legs or if you are finding difficulties walking or enjoying your sport, our biomechanical treatment pathway, which includes biomechanical assessment and gait analysis, could be the solution to finding out how best to help you. For many conditions, Podiatrists should be your first port of call, not your last.

**Some conditions we can help with:**

* Painful knees;
* Recurrent sprains;
* Heel pain (plantar fasciitis);
* Sports injuries;
* Mortons neuroma;
* Walking problems / Falling;
* Sciatica;
* Posterior Tibialis Tendonopathy;
* Achilles Issues;
* Persistent aches and pains, including lower back;
* Various childhood conditions / complaints (Including severs, Osgood schlatters etc).

**Introduction**

Walking is a complex motion involving collaboration of muscles, tendons and joints. Our bodies will do their best to keep us moving by compensating for stiff joints, tight muscles and poor posture but often this causes long term pain and lack of efficiency.

An in-depth assessment of your walking allows us to find out if improvements can be made to help you walk or run more efficiently and comfortably.

**Biomechanical Treatment Pathway**

This package is designed to ensure you get the best treatment for your issue and **It includes up to 4 appointments.** These appointments allow us time to reach a correct diagnosis, propose a treatment plan and refer where necessary. They also give us the opportunity to ensure we are working towards positive results for you. If that is not the case we can adapt the treatment plan to ensure you get the results you need.

Our biomechanical pathway is bespoke to each patient, as every case is different, and therefore so is the treatment plan. During your time with us, a member of our team will set you up on the Digital Podosmart Gait Analysis machine, which involves bluetooth insoles being placed inside your shoes (**Please bring, or wear, spacious/ roomy trainers or similar fitting shoes you can walk in.)** You will then be asked to go for a short walk. On your return, the data collected from the Bluetooth insoles will be uploaded onto the computer for the Podiatrists to see.

The data gained from the Podosmart, allows us to see your movements in finer detail, for example, muscle weakness and strength, foot positioning, stride distance and much more. The podiatrist will talk through the findings with you, during your first or second appointment.

During the initial appointment the podiatrist will take a full history of your symptoms. They will then assess the joints of your feet, whilst sitting and standing. This involves gently moving individual joints through their range of motion. The Podiatrist will look at the amount of movement and if there is any abnormality in this movement. This helps them to see if there is a problem. It is helpful to **wear or bring shorts**  for the assessment. This gives the Podiatrist a clear view of your legs.

Depending on the Podiatrists findings you may be asked to walk on the treadmill during your first or second appointment. This will be videoed so that the recording can then be slowed down and the Podiatrist can see clearly how you move, looking for minute detail.

We pride ourselves on our communication. The Podiatrist will fully explain what they are doing, what the results show throughout your first and second appointment, go through the treatment options and devise a treatment plan with you.

**Treatments**

During your initial appointment, your foot maybe strapped, exercises/stretches provided along with any other advice the podiatrist feels is needed to aid your recovery. Rarely will orthotics be prescribed at this initial appointment, this is because we want to be sure orthotics will help your problem and so the strapping allows us to mimic the position the orthotic would hold your foot in. Please note: Orthotics are also not always needed.

The Podiatrist will discuss the proposed treatment plan with you. Treatments are often used in combination or in a stepwise manner and can include the following:

* Strapping;
* Stretching and exercise rehabilitation programme;
* Referral for diagnostics (Blood tests, scans, xrays etc).
* Often tight muscles or weak muscles can give rise to problems so the podiatrist will address these with a personalised stretching and strengthening programme for you to work through.
* Insoles or Orthotics (arch supports)

Changing the way the foot moves, by the use of an in-shoe device, can help to rest damaged structures or give support to weak areas whilst the exercise programme improves function. Sometimes these will be temporary, whilst other treatments start to work, or they may be required long-term depending on the problem. We can provide temporary devices, customised or fully bespoke orthoses, depending on what is required. (Orthotics are an additional cost)

**Our Biomechanical Pathway Summary**

Experience a personalised biomechanical journey tailored just for you. We understand that each patient and condition us unique, so we go beyond a single appointment. Our pathway includes up to 4 appointments for thorough assessments, referrals for diagnostics when needed and allows us the time to explore various treatment options.

**Annual Review**

We recommend all our patients who have been on our biomechanical pathway book an annual review. This is particularly important if you have had orthotics fitted.