

## Do you need Orthotics?



Aching tired feet or painful lower limbs do not have to be endured. The cause of such problems is often linked to the way our feet function. Misalignments of the joints and soft tissue structures of the feet can often cause or exacerbate problems in the knees, hips and back. Our feet take the strain of most of our daily activities, and every step we take impacts directly upwards through the body.

### Good News!

Using modern treatment methods, we at The WalkWell Clinic are able to relieve and prevent foot problems.

### How are these problems treated?

Podiatrists specialising in a branch of podiatry called clinical biomechanics are able to assess the function of the feet and lower limb through the science of 'bio-mechanics' - which is the application of mechanical principles to the musculo skeletal system. This process involves an in-depth assessment of all the joints and muscles in a patient's foot and lower limb, including the way they function together during walking. It has been said that the foot is truly an engineering masterpiece and therefore key biomechanical assessments need to be made by a suitably trained podiatrist to identify and treat all aspects of the problem presented.

### Who would benefit from a biomechanical examination?

Anyone in any of the following categories could find a biomechanical examination of use:

- Those with acute or chronic pain in the feet, ankles, knees, hips and lower back
- Those aged 55 or over who wish to remain active throughout their retirement years

- Amateur and professional athletes
- Anyone who participates in racquet sports, down-hill skiing, walking, rambling and golf
- Those in weight bearing and high demanding occupations
- Anyone who for any reason spends a lot of time standing up or walking



### What to expect from a biomechanical examination

The podiatrist begins by asking the patient for details of medical history, the presenting complaint and daily activity. A comprehensive analysis is then performed while the patient is seated to help diagnose the cause of the complaint.

The patient is then asked to walk (or run if applicable) and another detailed examination is taken, focusing on posture and the lower limb. Digital video analysis is performed for standing and walking. This facilitates a close up examination of the way the joints and muscles work during walking/running.

On completion of the assessment, all findings are explained in detail. Treatment options and plans are then discussed.

### What happens if orthotics are the best treatment?



If orthotics are determined as the treatment plan, another appointment is made to further the examination process. Upon returning, plaster of paris casts will be made to capture the foot in its neutral functioning position. The casts, along with a detailed prescription form, are sent to a specialist orthotic laboratory where the orthotics will then be made. The patient then returns to have them

fitted and has one further appointment shortly afterwards to check that all is working as it should be.



### Why are these orthotics

### so effective?

The orthotics are custom-made to fit the patient's foot exactly and work to treat the exact problem and, therefore, differ from orthotics which can be bought from a retailer. Those sold in shops are made to cover a varying range of

problems and sizes and so cannot ever be specific to any one patient.

### Why orthotics?

Functional biomechanical custom-made orthotics are designed to go into shoes. The purpose of orthotics is to control and improve the way the feet and lower limbs work together. More specifically, they help the bones and muscles of the feet, legs, pelvis and back, to function correctly. This usually reduces any pain and discomfort from developing and decreases the likelihood of any future problems from developing.

### Are there different kinds of orthotics?



There are many different types of orthotics, all of which are manufactured to meet the requirements of the individual.

There are:

- General everyday purpose orthotics
- Specialised sports orthotics
- Dress orthotics (for formal wear or court shoes)
- Softer orthotics, for the elderly
- Children's orthotics

And more....

A simple biomechanical assessment can lead to improving your quality of life. Don't live with the pain; it is unlikely to go away on its own!

### Any further questions?

Please feel free to call us .....

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