Musculoskeletal

Biomechanical Assessments

What is it?

Our gait, in other words the way we walk, contributes to how pressure is distributed on our feet. A clinical exam is the first step to identifying any underlying biomechanical issue in the lower limb. This gives an objective and accurate overview of your condition.

What to expect

During the assessment, your podiatrist will take a thorough history of your medical status and previous injuries, and carry out a series of clinical tests to quantify your muscle strength, flexibility, joint range of motion and quality of movement. The results of your exam in combination with a walking or running 3D gait analysis, are used to give you data-driven advice and us the information to recommend the best treatment pathway for your condition.

There are a number of musculoskeletal conditions and sporting injuries that can be seen in the lower limb, foot and ankle.

Why choose us?

At The Vale Clinic, our podiatrists are well placed to identify unusual patterns in your gait and foot function, and is able to diagnose, treat and manage any abnormalities in the foot that may be causing you discomfort or pain.

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Your assessment appointment

What to bring with you to your assessment appointment:

- Wear or bring along with you a t-shirt and a pair of shorts for ease of assessment
- Bring along at least 2 pairs of shoes you would normally wear

Your podiatrist will discuss and agree a plan with you.

Your treatment plan

Your rehabilitation treatment plan may include a combination of interventions, here are some examples:

- Advice on the right type of footwear to help your condition
- A provision for bespoke orthoses
- An exercise programme for stretching and strengthening
- Mobilisation and Manipulation therapy
- Shockwave Therapy for tendinopathies and myofascial pain
- Taping
- You may require further investigation using diagnostic ultrasound or x-rays
- A referral to another practitioner such as a physiotherapist for further care

For more information, contact us at Tel. 0118 304 9389 or book online