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Biomechanical Assessment

What is it?

A biomechanical assessment is a process used by podiatrists as a way of analysing the function of the foot and lower limb, to determine any possible contributing factors to foot pain or injury. Podiatrists will look at the lower limb and associated structures singularly, and as a whole.





We always put patients at the
centre of everything we do

What can I expect?

During the assessment, a podiatrist will start by taking a thorough history and account of the problem along with any associated factors which may include: sports and activities, medical, social and occupational history.

A podiatrist will then go on to assess the structure and function of the lower limb when non-weight bearing, standing and whilst walking. They will manoeuvre the joints to look at their quality and range of motion. They will assess soft tissues for any weakness or wasting. They will be looking at the different angles of each structure in relation to each other, and determine any asymmetries. They will perform any appropriate diagnostic tests required, and they will perform gait analysis which may involve you walking on a treadmill whilst being video recorded.

Once the assessment has been conducted, your podiatrist will discuss their findings with you and construct a relevant treatment plan. This may include;

- Prescription exercise programme
- Balance rehabilitation
- Orthoses prescription
- Footwear advice
- Activity modification
- Referral for further imaging/investigations
- Referral for surgical consultation
- Referral for injection therapies
- Referral for physiotherapy

Prices

- Biomechanical assessment* - £115.00
- Custom-casted orthoses - £363.00
- Off the shelf orthoses - £77-£363.00

*includes fitting and review appointment

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