



If walking or normal exercise causes pain or tenderness in your legs or feet, there may be a simple solution. A biomechanical assessment provides an excellent snapshot of how your joints and muscles work during exercise. We then use this information to design a treatment program to get you back on track.

## Biomechanical Assessments

### What does it mean?

Biomechanical assessment is an examination of the way your body moves. It identifies whether or not your joints, muscles and nerves are working together efficiently.

Assessments in podiatric practice, focus mainly on how the rest of your body is affected by the movement of your legs & feet. Your back, hips, knees, poor posture, neck pain and head aches can be attributed to problems with the feet or lower legs.



An appointment with your podiatrist is necessary to conduct a physical analysis to assess your specific symptoms.

The analysis includes:

- watching how you stand and walk
- checking your joints and muscles
- reviewing your footwear
- discussing your lifestyle and physical activities

For this reason it is important to wear loose fitting clothes and bring along a variety of shoes that you wear on a regular basis & for different activities.

### Do you suffer from any of the following?

- lower back or heel pain
- feet or knees that hurt
- poor circulation from diabetes
- bunions or ingrown toenails
- skin conditions or feet ulcers
- high level of sporting activity
- laboured gait from being overweight
- foot deformity

If so, it is likely that your body's biomechanics are not aligned. A simple assessment process can identify the cause of these issues

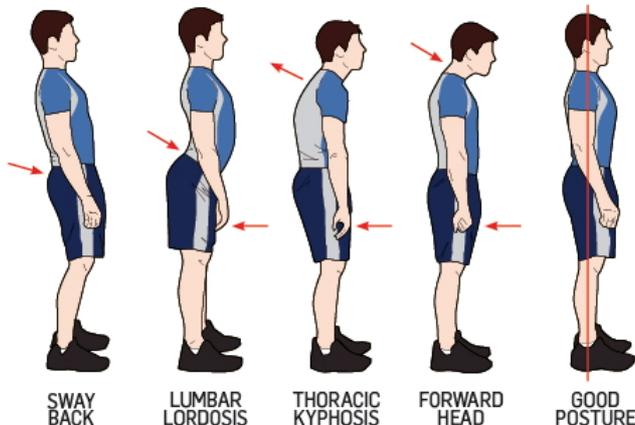
A resulting treatment program will help alleviate many of these symptoms.



## Biomechanical Assessments

### What might be included in a treatment program?

1. Advice on footwear based on your specific foot type & shape, posture, health & injury
2. Anti inflammation advice to relieve symptoms
3. Shockwave Therapy
4. Laser acupuncture and dry needling techniques
5. Myotherapy - massage
6. Orthotics made from your precise biomechanical measurements
7. Strapping techniques to relieve pain & symptoms
8. Training, exercise techniques and rehabilitation
9. Advice on posture improvement and stretching techniques
10. Advice on future sports and activities after recovery
11. Advice to prevent recurrence



### How do you find out more?

Our podiatrists are ready to discuss any issues with you.

Call 02 9568 4573 to make an appointment or email us [info@feetfirstpodiatry.com.au](mailto:info@feetfirstpodiatry.com.au)



See you soon.

*Esther*

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