



**Wrightington, Wigan and
Leigh Teaching Hospitals**
NHS Foundation Trust

Biomechanics

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Patient Information

Podiatry Service

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What is a Biomechanical Assessment?

This is a special assessment which enables us to decide whether insoles or exercises would be helpful to improve or support the way that you walk. This test is conducted by a Podiatrist who is a specialist in Biomechanics.

The treatment offered will form part of a package, which will include footwear Information. It may also include exercises and possibly insoles and/or special supports to fit into your shoes.

You may decline or refuse any part of the examination, but if you do, it may mean that we are unable to effectively assess your condition.

What to expect

During the examination, your shoulders, back or legs may be examined. This is performed on a “one to one” basis with the practitioner in a private consultation room. You may also be asked to walk for a short distance whilst the practitioner carefully observes your movements. This walk may be carried out in a corner of the waiting room, due to lack of space in the consultation room. Unfortunately, privacy cannot be guaranteed during this part of the examination.

What should I wear?

To allow us to examine all the joints easily, please ensure that your clothing will allow easy joint movement. It is therefore essential that clothing is not restrictive, so that knees are visible during walking e.g. shorts/skirt.

Please bring footwear that you wear on a regular basis. This will allow us to examine important wear patterns on your shoes and give you essential footwear advice and any previous splints /

insoles / orthoses you have been previously provided with.

A list of any medical history is also very useful in the assessment process.

Any questions or worries

If you have any questions or worries about the examination, please feel free to talk them over with the Podiatrist, who will do their best to answer them clearly and honestly.

Cancelling and rearranging appointments

If for any reason you find you are unable to keep your appointment, **please contact us as soon as possible**, so that the appointment date and time can be passed on to another patient. If you wish to rearrange your visit, you will be offered the next available appointment.

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