

About Our Practice Accreditation

We successfully applied for practice accreditation so that our clients know that their footcare is being provided within a safe environment. The accreditation scheme, amongst other things, also requires that:

- All reusable instruments are properly cleaned and sterilised before they are used
- Podiatrists engage in continuing professional development to keep their knowledge and skills up-to-date
- Patient confidentiality is to be respected and proper care taken with patient records, both when used and later when they are destroyed
- We explain foot treatment options, where appropriate, and cost, so that you can make an informed choice as to the foot treatment you receive
- Appropriate referral pathways exist for patients who need specialist care
- Our practice's working methods are constantly reviewed

In achieving accredited status, not only did we undertake to carefully review our practice, we also asked another registered podiatrist to check our findings, and agreed to our podiatric practice being inspected by independent inspectors appointed by the Society of Chiropractors and Podiatrists. We therefore feel that you can be confident in the footcare that you receive.

Other services offered at this practice

- General podiatry / chiropody
- Diabetic foot care
- Verruca treatments
- Orthoses
- Consultant Podiatric Surgeon clinic
- Ingrowing toenail surgery
- Electrosurgery
- Low level laser therapy
- Wider fitting shoe service
- Reflexology
- Physiotherapy
- Massage

How to find us

From the M25 Junction 11 follow signs to Weybridge. The practice is located just past The Ship Hotel.

Weybridge is on the following major bus routes 51, 436, 461 & Peterbus 4.

Public Car Parking is available opposite the practice.

The Footcare Centre

8 Monument Green
Weybridge, Surrey
KT13 8QS

Tel / Fax: 01932 849373

E-Mail: weybridge@thefootcarecentre.co.uk

Website: www.thefootcarecentre.co.uk



"The **care, professionalism** and **time** that your feet deserve"

Biomechanics
& Orthotic
Therapy

Biomechanics – a definition:

Mechanics - the science of movement and machinery.

Bio-Mechanics - the study of the movement of body segments and the forces acting upon them.

Biomechanics allows us to understand how the skeleton or its associated soft tissues (such as muscle, tendon and ligament) work and function.

Therefore, we can also understand how the musculo-skeletal system gets **injured or deformed**.

Your podiatrist is an expert in the dynamic biomechanics of the feet and lower-limb biomechanics.

What we look at:

The complex relationship of the 26 foot bones.

The relationship between your pelvis, hip, thigh, knee, leg, foot and floor.

Any abnormal movements of compensation you are doing. If your feet are moving abnormally then the whole 'walking chain' will not function correctly.

Your podiatrist is able to identify problems with the particular movement or abnormality with the way that you are walking that is leading to your problems.

This is a vital part of a podiatrist's work because so many of the conditions we see on a day-to-day basis are caused or exacerbated by the way we walk, stand, run etc. After all, if the foundations of a building are not sound, then you might get structural problems several storeys up. The same is so with lower limb biomechanics that is why a big toe joint problem can result in hip pain for example.

Your podiatrist may recommend a biomechanical assessment if you have the following conditions:

- **Pain in Heel or Arch** Plantar fasciitis is often called policeman's heel and is one of the most frequent biomechanical problems we treat.
- **Skin Lesions** such as recurrent corns and callus are often caused by abnormal foot postures.
- **Inflammatory conditions** such as tendinitis, bursitis, plantar fasciitis
- **Joint problems** including arthritis, reduced joint movement, joint injury
- **Sporting or Occupational Injury** In the foot or higher up the lower limb.
- **Neurological problems** including mortons neuromas, back pain, sciatica, tarsal tunnel syndrome.

Also, if you or your podiatrist is concerned about deformity such as bunions, progressive flat feet or deformed toes then a biomechanical assessment can help identify why you are getting the deformity.

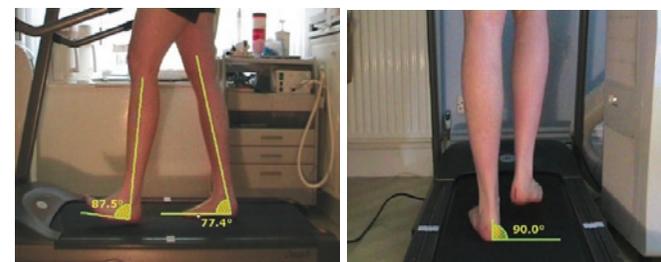
What is involved?

A Biomechanics assessment takes about 1 hour and is undertaken by a qualified HPC Registered Podiatrist.

Please bring shorts to change in to so that we can see your knees in order to help our examination.

We will take various measurements of your feet and legs with you laying down and standing up.

Video Gait Analysis involves us videoing you on a treadmill so we can understand what is happening when you walk or run.



Treatment plan costs vary and will be discussed with you at your assessment.

Orthoses may be recommended which are specially designed shoe inserts to support, realign or improve the function of the feet and lower limbs during gait.

This can help improve aches, pains and injuries, slow down some degenerative conditions or improve some skin lesions.

Your orthoses will be an integral part of your treatment plan, which may also include stretching, strengthening and additional advice.