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Orthotic Assessment

Patient Advice & Education



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Orthotic Assessment Patient Advice and Education

If your consultant has concerns regarding your foot condition he will refer you to the orthotist for a full biomechanical gait assessment. You may also wish to see the orthotist if you are experiencing foot pain or having problems finding appropriate and comfortable footwear.

Conditions treated include:

- Forefoot pain (Metatarsalgia)
- Arch and heel pain (Plantar Fasciitis/Heel spurs)
- Ankle pain
- Tibialis Posterior Dysfunction
- Shin splints, Knee pain
- Poor posture
- Back pain
- Foot deformity
- Diabetic foot complications

The orthotic consultation will involve:

- A discussion regarding your problem and requirements
- An assessment of your joint range of movement
- A detailed examination of your foot biomechanics
- An assessment of your posture and gait (walking)
- Circulation and sensation tests
- In-shoe plantar pressure readings

London Medical uses the Parotec diagnostic in-shoe pressure monitoring system. This system allows us to assess dynamic and static plantar pressures. The clients are assessed during natural walking conditions and the system gives reliable repeatable measurements. The software allows for objective comparisons before and after Orthotic intervention. This is essential when treating patients with neuropathy as they are unable to feel dangerous pressure areas on the soles of their feet.

If after the initial consultation foot orthotics are required, a 3D Footscan is taken. The scan takes a highly accurate 3D image of the soles of the feet. We then combine the results from the Parotec system with the 3D modelling software so we can design and manufacture bespoke foot Orthotics which reduce surface plantar pressures.

The insoles are then fitted into your footwear and we retest the plantar pressures using the Parotec system to ensure no dangerous high pressure areas exist.

If footwear is required we can assess and supply a complete range of modular and bespoke made footwear designed to Diabetic specifications that reduce the risk of diabetic clients developing foot complications. Our footwear will be designed to fit your feet exactly. If necessary we will take detailed measurements, casts, scans and pictures of your feet.

The styles of shoe vary widely and we are able to have any style in our range made to fit your feet. However due to some Diabetic foot complications there may be some shoes that are more suitable than others.

