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## Biomechanical Foot Screen

The short examination involves looking at the structure and alignment of the lower limbs.

A biomechanical foot screen can be very beneficial if you are experiencing pain in the feet, lower limbs or back, particularly if no cause has been established.

Sportsmen and women at all levels very often find that increased symptoms with increased activity is related to biomechanics.

The podiatrist will start by taking a full medical history. He will look at you standing normally and note the position of the feet, for example if the feet roll in this can cause a secondary rotation of the lower legs placing increased physical stresses on the back, hips, knees and ankles. He will also examine the legs and feet on the couch, noting any abnormal mechanics of the ankle joint, mid-tarsal joint, first toe joint and so on.

There are many common conditions associated with abnormal mechanics, these include heel pain and long arch pain, knee pain, back pain, Achilles tendonitis and shin splints.

Advice and treatment vary dependent upon the outcome of the biomechanical screening. The podiatrist will discuss an individual treatment programme, which could range from advice regarding trainers to fully functional orthoses and physical therapies.