



## BIOMECHANICAL ASSESSMENT:

Dr Rao has recommended that you have an assessment of your feet with the view to prescribing a pair of orthotics.

Dr Rao in his capacity as a Consultant Sport and Exercise Medicine Physician will undertake a comprehensive biomechanical examination. This will include muscle testing, range of motion study and measurements as well as visual and computerised gait analysis and full biomechanical assessment. You will need to bring the shoes you wear most regularly (i.e. work or school shoes) and a pair of sports shoes, if applicable. Dr Rao will observe your normal gait.

A series of computerised digital images of your feet will then be taken and sent to the laboratory where a custom made pair of orthoses will be made with any in-built extras Dr Rao thinks you will need. This method is 99.9% accurate and has a better success rate than casting and factory / hand-made devices or 'off the shelf' devices from a chemist.

The devices are usually sent to us about 10-21 days after your biomechanical assessment. We will call you as soon as they arrive and arrange a dispensing appointment. You will need to bring the shoes that the orthotics will go into so Dr Rao can check that they fit and assess you walking in them.

Once you have your orthotics it is recommended that you wear them in gradually, starting with one hour per day for the first couple of days and increasing over the next couple of weeks to be able to wear them comfortably all day. They will feel quite strange at the start and may cause some discomfort but once you and your feet are used to them, you won't even know they are there!

With proper care, your orthotic devices should last a few years.

**If you have any queries please do not hesitate to call us 9272 8222.**