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Fife Council and NHS Fife are supporting the people of Fife together through Fife's Health and Social Care Partnership.

www.fifehealthandsocialcare.org



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PODIATRY DEPARTMENT



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CHILDREN & YOUNG PEOPLE'S BIOMECHANICS

WHAT IS A BIOMECHANICAL EXAMINATION? AND WHAT DOES IT ENTAIL?

A biomechanics examination is an in depth assessment of the following: how your child walks, muscle function, joint positions and alignments. This will identify any problems that can result in injuries, pain and dysfunction.

WHAT WILL HAPPEN ON THE FIRST VISIT?

Please bring shorts for your child to change into for the examination.



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A full biomechanical assessment is usually completed within the first visit and this would involve the child walking and observations noted. Muscle range of motion and strength are gauged. Hips, knees and feet are examined. Any problems noted will be pointed out.

Footwear is examined and suitability discussed. Finally a care plan, if required, will be agreed.



In some cases the child may require an orthotic.

ABOUT ORTHOTICS

An orthotic is a $\frac{3}{4}$ length insole prescribed by the podiatrist for that particular child's requirement. They are worn in compliant footwear [the podiatrist will explain further regarding footwear during the assessment] and their job is to alter misalignment and limit excessive movement.

In some cases the child may need a stretching programme prior to supply of orthotics or indeed may only require a stretching programme to address the problem.

