

# Biomechanics

## Patient Information

Podiatry Service



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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## **What is a Biomechanical Assessment?**

This is a special assessment which enables us to decide whether insoles or exercises would be helpful to improve or support the way that you walk. This test is conducted by a Podiatrist who is a specialist in Biomechanics.

The treatment offered will form part of a package, which will include footwear Information. It may also include exercises and possibly insoles and/or special supports to fit into your shoes.

You may decline or refuse any part of the examination, but if you do, it may mean that we are unable to effectively assess your condition.

## **What to expect**

During the examination, your shoulders, back or legs may be examined. This is performed on a “one to one” basis with the practitioner in a private consultation room. You may also be asked to walk for a short distance whilst the practitioner carefully observes your movements. This walk may be carried out in a corner of the waiting room, due to lack of space in the consultation room. Unfortunately, privacy cannot be guaranteed during this part of the examination.

## **What should I wear?**

To allow us to examine all the joints easily, please ensure that your clothing will allow easy joint movement. It is therefore essential that clothing is not restrictive, so that knees are visible during walking e.g. shorts/skirt.

Please bring footwear that you wear on a regular basis. This will allow us to examine important wear patterns on your shoes and give you essential footwear advice and any previous splints / insoles / orthoses you have been previously provided with.

A list of any medical history is also very useful in the assessment process.

## **Any questions or worries**

If you have any questions or worries about the examination, please feel free to talk them over with the Podiatrist, who will do their best to answer them clearly and honestly.

## **Cancelling and rearranging appointments**

If for any reason you find you are unable to keep your appointment, **please contact us as soon as possible**, so that the appointment date and time can be passed on to another patient. If you wish to rearrange your visit, you will be offered the next available appointment.

**MSK CATS 0300 7071112**

**COMMUNITY PODIATRY 03007077700**

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
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Wigan Lane  
Wigan  
WN1 2NN

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

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This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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