

What is a biomechanical examination of the foot?

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A biomechanical exam of the foot and ankle is a thorough assessment conducted by a healthcare professional, such as a podiatrist or orthopedic specialist, to evaluate the structure, function, and movement patterns of the lower limbs.

It aims to address excessive movement.



A biomechanical examination of the foot is to identify any abnormalities, imbalances, or mechanical issues that may contribute to foot and ankle problems or affect overall gait (walking pattern).

During a biomechanical exam, the healthcare professional may perform the following:

Medical History: They will discuss your medical history, including any previous injuries, surgeries, or existing conditions that may affect foot and ankle function.



Visual Inspection: The healthcare professional will visually assess the feet, ankles, and lower limbs for any visible abnormalities, such as deformities, swelling, or

Range of Motion Assessment: They will evaluate the flexibility and range of motion of the foot and ankle joints, looking for limitations, stiffness, or what is a biomechanical exam of the foot

and ankle.

After a biomechanical examination the amount of control needed to stop pronation is determined and added to a custom orthotic. Any accommodations for painful areas and callouses are then added. You receive a 100% **custom orthotic**.