

What to do after your Biomechanical Assessment

Now you have had your Biomechanical Assessment with us and we are underway with your treatment plan. Here are a few key points to remember:

Insoles / Orthotics

- Wear them in gradually i.e. 1 hour on the first day, 2 the next, 3 the next and so on until you have built up the wear to around 8 hours per day. Then you can wear them for all activities i.e. running, tennis, walking the dog
- Move them from shoe to shoe, and remember to check if the insole in your shoe is removable, if it is, take it out and replace it with your own device.
- Take your insoles / orthotics out of your shoes from time to time to let them breathe. You can give them a wipe with a damp cloth or a baby wipe to keep them clean. PLEASE DO NOT PUT THEM IN THE WASHING MACHINE!
- Muscular niggles are normal when wearing in your insoles / orthotics. These may occur in your big toe joints, ankles, knees and/or hips, and will settle down after 1-2 weeks of wearing them. Significant pain is not normal. If this occurs, take out your device and contact us so that we can review you ASAP.

Footwear

- Your footwear is very important in how it aids or impedes your gait. We recommend a shoe / trainer with an adjustable strap, deep heel counter to fit the insoles / orthotics in (or shoes with a removable insole so it can be replaced with your own device), and a shock absorbing sole.
- We can provide orthotics for high heels or shoes that won't fit in a full length device upon request.
- We can also provide specialist insoles for football / rugby boots.



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Exercises

- We have provided you with a rehabilitation regime including stretching and strengthening which will aid your progress and is equally as important as insoles /orthotics and footwear.
- You will find your prescribed exercises on "MyPhysioRehab" - these will be emailed to you within 48 hrs of your biomechanical assessment appointment where you will be able to link directly to them and watch videos of how to do the exercises. We will advise on how often and how many reps will be required.

Follow-up Appointment

- If required you will have a bespoke orthotic fitting appointment.
- Once you have had time to wear your insoles / orthotics, adjust your footwear, and get well underway with your exercise regime we will review you to check on your progress including any reduction in pain, increase in strength and/or flexibility, adjustments required with insoles / orthotics and rehabilitation regime. You will be given this appointment at the time of your insole fitting and it is usually around 4-6 weeks after this.

Please contact us directly on info@surreyfootservice.co.uk or 01372 464659 if you have any queries.