

PODIATRY

What is a Podiatrist?	A Podiatrist is a qualified practitioner who specialises in treating disorders of the foot, be they biomechanical or not.
When would I need one?	The majority of the population has slight biomechanical dysfunctions in their feet. These are normally so minor that people would not be aware of them in everyday life, however due to the repetitive nature of running it can amplify these dysfunctions. This amplification can cause injuries to the muscles in your lower legs (particularly the shins), and the muscles around your knees and hips.
What will they do for me?	As well as requiring physiotherapy to assist the healing of any damaged muscle it is worth having a biomechanical assessment to discover whether permanent orthosis (sculpted innersoles) can correct your biomechanical dysfunctions and therefore prevent a reoccurrence of the original injury.
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