

CONDITIONS TREATED

- Achilles Tendonitis • Arch Pain / Arch Strain • Athlete's Foot • Bunions (Bunionettes)
- Callouses / Corns • Claw Hammer Mallet Toes • The Diabetic Foot • Heel Pain • Heel Spurs
- Ingrown Toenail • Knee Pain • Metatarsalgia • Morton's Neuroma • Morton's Toe • Neuropathy
- Overlapping Toes • Over Pronation (Flat Feet) • Plantar Fascitis • Post-tib Tendonitis
- Sports Injuries • Shin Splints • Verrucae

SERVICES INCLUDE

- Gait Analysis • FootScan • Orthoses

Sports Injuries

Most sports injuries affect the lower limb. Some of these are mentioned in the topics discussed in other parts of this site. Examples are, plantar fascitis, shin splints, knee pain etc. People with poor foot and lower limb mechanics are more prone to and more likely to suffer with sports related injuries because the forces are greater during sports and therefore instabilities are also multiplied. Biomechanics, gait analysis and mechanical therapy are now a recognised part of an effective treatment programme when dealing with sports injuries.