

Biomechanical Examination

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Biomechanical Examination

A lot of athletes ask us what goes into a Biomechanical examination. They want to know what information I use to determine my treatment plan, my sports shoe recommendations or my cleat recommendations. My athletes also want to know how I choose the exercises that I recommend for their specific medical conditions, and how I determine what is safe for them in their training programs in order to avoid re-injury.

Basically, I want to know how your body is put together. I do this by measuring the angles and the ranges of motion that we put the different joints of your body through during the examination. I also look at the X-ray examination. I have your foot and ankle in a weight-bearing position. From this, I can determine how you function walking and running, and where the stresses of your body land. With this

information, I can also determine what type of running shoe or athletic shoe or cleat to recommend for your specific foot type.

Here are some key points I look for during your examination:

- ▶ **Pronate or Supinate.** Is the degree of pronation or supination mild, moderate or severe.
- ▶ **Running form/ foot strike-**heel, mid foot, or forefoot striker.
- ▶ **Gait pattern-**any abnormalities in your gait.
- ▶ **Strength issues & balance.**
- ▶ **Shoe needs-**cushion, stability or something else.
- ▶ **Wear pattern on the sole of your shoes to determine what your mechanics really are in function.**

These are just a few of the items we look at in evaluating the entire body in helping you stay healthy and active.