

IN-SHOE FORCE ANALYSIS

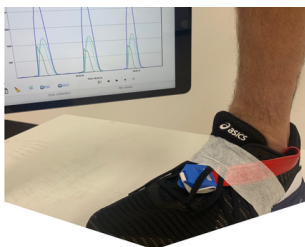
The in-shoe force analysis technology measures the amount of force being applied to each segment of your foot within the shoe when you walk, run or jump. This allows us to help with rehabilitation strategies to ensure the foot is not being overloaded and causing pain and/or injury.

THE PROCESS



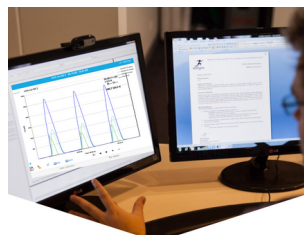
ASSESSMENT

We consider you as an individual, with a unique movement profile. In addition to anthropometry, your injury history and goals, we also assess the structure and function of your feet as potential barriers for pain-free movement.



IN-SHOE ANALYSIS

Calibrated insoles are placed inside your shoes that measure the forces being applied to your foot when you walk, run, jump or change direction. This information is transferred via bluetooth to the computer in real-time.



REPORT

We provide each patient with a written report and a copy of the data collected in the analysis. This report provides recommendations of what you need to do to return to pain free exercise.

APPOINTMENT INFORMATION

In-shoe force analyses take 40 minutes. Please bring your normal footwear. If you are running or performing sports movements, please wear shorts that do not hang below the knees to your appointment. Alternatively you can also wear active tights if preferred. Please be changed and ready prior to your appointment. If you do not have the correct clothing, we can provide you with some shorts.

If your practitioner has requested that you should be tested wearing orthotics, please bring these along with you to your analysis appointment.

