



Stride Clinic
12 Welles Street
Sandbach
Cheshire
CW11 1GT
01270 767744
www.strideclinic.com

Stride Clinic Biomechanical Assessment Patient Information

Thank you for booking your biomechanical assessment with Stride Clinic. This appointment should take around one hour. Please bring with you a selection of your typical footwear and a pair of shorts or leggings.

What will happen at your appointment?

Your podiatrist will take a detailed medical and case history and then carry out a clinical examination. We will ask you to walk over our Podotech Elftman® gait plate to obtain information regarding the pressures your foot exerts on the ground. And we will observe you walking or if necessary, running on the treadmill with the aid of our slow motion camera technology. Following a discussion of our findings a treatment plan will be drawn up.

Elements that may be included in your treatment plan:

- Exercises prescribed using Physitrack®, details of which will be emailed to you.
- Strapping to provide immediate, short-term relief.
- Footwear advice.
- Insoles with or without modification.
- Bespoke Orthoses created from a cast or 3D scan of your feet and using one of our trusted manufacturers.

Any costs regarding insoles or orthotics will be discussed with you during your appointment and all action is reviewed in a follow up appointment.

We look forward to welcoming you to Stride Clinic, 12 Welles Street, Sandbach, Cheshire, CW11 1GT. There is on street parking, or you can park at Westfields Car Park, Chapel Street Car Park, The Commons or Brookhouse Road Car Park.



01270 76 77 44
www.strideclinic.com
enquiries@strideclinic.com

