

FRANCE-SHELTON FOOT HEALTH CENTRE

Treatment for Knee Pain

Decreasing local inflammation

If our initial clinical examination of your knee reveals the presence of localised inflammation, we will advise appropriate measures for reducing this. This may involve a specific oral anti-inflammatory medication regimen, the application of intermittent direct icing and/or a course of ultrasound treatments. A flexible knee brace may also be recommended, depending on the nature of the symptoms.

Biomechanical assessment

Once the inflammation has subsided, it is important to determine the exact nature of the biomechanical abnormality that is causing the knee pain. The range of motion of the forefoot, midfoot, rearfoot, ankles, knees and hips are measured. Limb lengths are measured to check for significant length differences. Muscular weaknesses and/or tightness are noted as well. This is a one-hour examination that includes digital video gait analysis on a treadmill. To learn more about this, [click here](#).

Custom-made orthotics

Custom-made orthotics must be based on the findings of a complete biomechanical assessment. Then, a plaster of Paris cast impression of your feet (held in their neutral functional position) is taken and sent to a laboratory that specializes in fabricating custom-made orthotic devices. To learn more about these, [click here](#).

Long-term rehabilitation

A series of strengthening and stretching exercises will be prescribed to help prevent recurrence of the knee pain. Return to normal exercise activities is dependent upon the ability to perform preliminary exercises without discomfort. Then, the return should be "phased in" with only limited amounts at first and gradually increasing as symptoms permit.

Make an appointment to get the treatment you need - Call 0121 384 3244

Your foot comfort is our business...our only business!

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