

What Can I Expect?

At initial consultation I can:

- Assess your problems and needs
- Give advice
- Give recommendations
- Conduct analysis of your walking pattern

If needed I can provide orthoses.

If orthoses or other devices are needed I can:

- Design and fit them
- Review your progress at various stages of your treatment
- Offer ongoing support and advice

Who do I treat?

Any patient who will benefit from improvement in their function using biomechanical principles.

Where Do I Treat Patients?

I see patients at various clinics in the area. Please call me for more information.



Clinics

Barnsley

Bradford

Birmingham

Loughborough

Nottingham

Sheffield



Orthotic
Biomechanical
Solutions

Phone:

01226 770134

(For appointments & information)

E-mail:

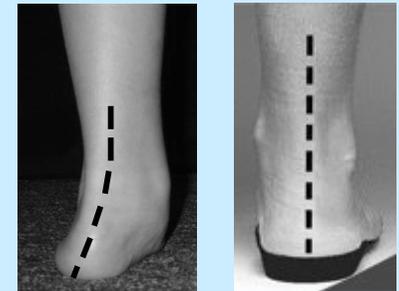
pa001.obs@googlemail.com

With Stephen Osborne



Orthotic
Biomechanical
Solutions

Orthoses
can make a
difference!



Before & After

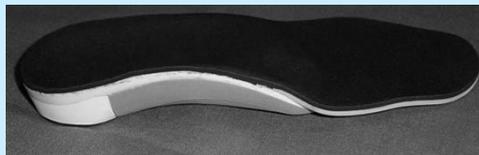




Stephen
Osborne

Bsc Hons Pgc M phil

I trained at Salford University and since qualifying with a BSc in Prosthetics and Orthotics I have worked in a wide variety of NHS settings including a specialist diabetes centre, foot and ankle orthopaedic clinic and children's orthopaedic clinic. I completed a Master's degree at Sheffield University using plantar pressure measurement systems to investigate the effectiveness of orthotics. I am a registered member of the Health Professionals Council.



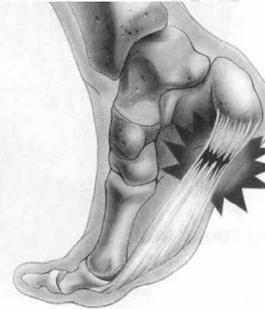
What is an Orthotic?

Orthotics can help people who have conditions listed on the following pages. By following individually tailored assessment a prescription for appropriate orthotics will be delivered. Orthoses are devices such as insoles and knee braces that can realign part of the body to help with skeletal or muscular problems. They can also be worn by many sports professionals to reduce injuries and sometimes to increase performance.

Foot & Ankle Problems

The foot works in a complex way during walking and running. If there is some problem in how the foot functions then problems can develop very quickly but in some cases only after a number of years. Common problems that can have a biomechanical cause are:

- Shin splints
- Plantar fasciitis
- Achilles tendon pain
- Foot pain
- Some types of knee pain
- Some types of back pain



Knee Bracing/Spine

Knee bracing can support and supplement knee ligament laxity or complete loss. There are many types of knee brace available to meet the needs of the individual. Some people would benefit from wearing spinal braces for a period of time to help with spinal problems, to control back pain, stabilize weak structures, and correct or prevent deformity.

Footwear Problems

If high street footwear is a real problem then there are opportunities to purchase shoes which are different in dimensions to high street footwear. It is possible to produce footwear made to a particular persons needs. If steel toe capped footwear is a problem then this can also be produced to the shape of the individual's foot to meet their needs. Some conditions are more complex and so need further assessment. I can provide plantar pressure measurement and gait analysis.

Plantar Pressure Measurement

Plantar pressure measurement is a useful aid to identify problems occurring when patient's walk and run. It does not give as much information as a full gait analysis but gives more information to improve the clinician's understanding of the potential causes of the lower limb problem.

