



Circle Podiatry  
Keeping you on a strong footing!



# WELCOME TO CIRCLE PODIATRY

## BIOMECHANICS & GAIT ANALYSIS

"The human foot is a masterpiece of engineering and a work of art."  
- Leonardo Da Vinci

The UK's #1 Multi award winning private Podiatry brand



## It's all about your journey

Your feet together with your eyes create most of your memories in life from the moment you're born. There is no denying it: you are on an exciting journey through life and your feet play an integral part in allowing you to make many of your most precious memories.

We are passionate about working with you caring for all your foot care needs to ensure you can keep active for as long as possible doing the things you enjoy with your loved ones.

Thank you for choosing us for all your family foot care needs. We are honoured to be entrusted with delivering your foot care.

"I have had a number of appointments at the Circle Podiatry Practice and have always had a good experience. The practice is always clean and tidy, appointment times are kept to. And the service offered is very good. I have had both general routine Podiatry appointments and Biomechanical assessment which I found very useful. I will definitely recommend this practice." Mr. C. Taylor

"I would like to say how grateful I am that you suggested I try the special insoles to see whether they would alleviate the pain around my right big toe joint. This pain had been worsening over the years and in recent months, even my 'comfortable' shoes were not allowing me to walk pain-free. I was getting quite scared that I would be greatly incapacitated.

The insoles have changed my life – with immediate effect. As soon as I started using them, I stopped experiencing pain in my toe joint. Not only that, the back and shoulder pain I had been experiencing, which you connected possibly to my feet, has disappeared. I know my posture is more balanced and I walk more steadily and in a more relaxed way. It is miraculous that two pieces of innocuous and thin material could make such a material difference to me, but they have. Thank you so much." Ms. L. Nesbit



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### Neglecting your feet ..... 4

Most people do not place importance in their feet in comparison to other body parts. At Circle Podiatry we aim to change that.



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### Common foot problems ..... 5

A list of common problems that could potentially lead to foot pain. Even if something does not seem like a huge problem at first, it could develop into a serious issue if it is not taken care of in time.



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### Assessment process ..... 6

Detailed information about the different parts of our assessment: gait analysis, foot pressure, the G-WALK, musculoskeletal assessment and orthotics/exercise therapies.

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## Are your feet killing you or are you killing your feet?

Did you know...

- It is estimated that on average in your life time, you will walk approximately 5 times around the world! That is a lot of walking!
- That most of us will have a foot problem at some point in life but until then our feet are often neglected
- It has been estimated that 70% of us are born with an abnormal foot structure.

A small structural or functional imbalance in the foot may often cause no foot pain at all. It may however have an effect that may cause problems in the ankles, knees, hips, back, neck and even the jaw all parts of the body that are connected to the feet by the skeleton.

That effect may show as pain, instability, restricted movement, or in some cases just fatigue.

People who work with ocean-going ships will tell you that it's critical to check the way the cargo load is distributed in the vessel. If the cargo is too heavy on one side, the ship will ride too low in the water and won't be able to travel at a good speed. If the load is too light, the ship will ride too high in the water and bob like a cork, especially when storms hit. The ship needs the proper amount of cargo correctly distributed for it to make the best progress across the ocean.

Your foot plays a crucial part in the process of walking, and often suffers as a result of poor function causing an imbalance and resultant areas of high pressure. The painful foot problems that may result from inefficient function include corns and callus, painful toenails, pain in the ball of the foot, in the arch, the ankle, or in the heel. Often overlooked is the fact that inefficient foot function also has an influence on other parts of the body.

Just like an unevenly loaded cargo ship may show no adverse effects until a storm hits so a small structural or functional imbalance in your foot may often cause no foot pain at all. It may however have an effect that may cause gradual deterioration in the ankles, knees, hips, back, and even the neck and jaw—all parts of the body that are connected to the feet by the skeleton.

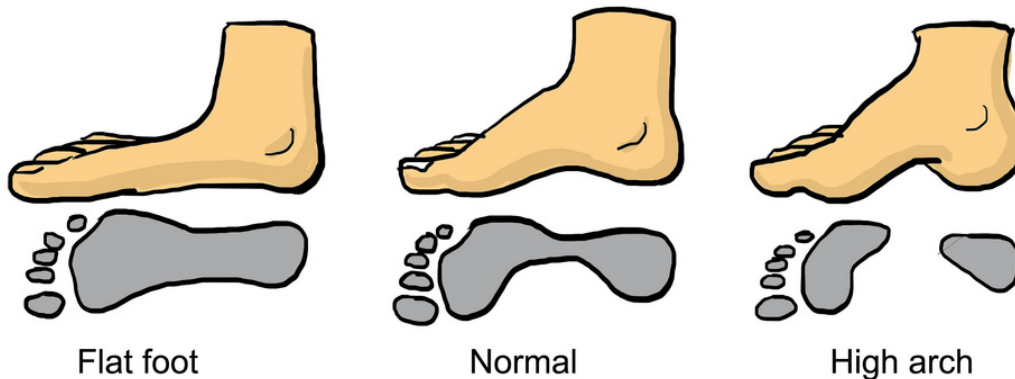
This effect may show as pain, instability, restricted movement, or in some cases just fatigue. It may have a gradual onset associated with the passage of time or be brought on suddenly by some "storm" in your life

"Most of us take for granted that we will be able to continue doing the things we have always done. People don't realise just what their feet are expected to do or what they will need to be able to do in the future." Peter Allton Clinical Director - Circle Podiatry



**The truth is your feet will take you the equivalent of 5 times around the world! That is a lot of walking. Don't leave it too late, Looking after them now will enable you to continue doing the things you love for your whole life!**

## We're here to help...



The foot is a unique, intricate and mechanically complex structure made up of 26 major bones and associated joints. The efficiency with which the foot functions when walking depends on the way in which those bones and joints move in relation to each other.

## Do you suffer from any of these?

- Toe deformities (hammer toes, claw toes and retracted toes)
- Dropped arches
- Bunions and tailors bunions

- Heel pain (plantar fasciitis)
- Bursitis
- Heel spur
- Achilles tendonitis

- Morton's Neuroma
- Stress fractures
- Osteoarthritic joints in the foot, knees, hips and back

- Feeling of tiredness in feet and/ or legs
- Sports related injuries
- Nail damage (curvature)

- Posterior tibial tendonitis
- Pressure points on feet causing pain or hard skin build up
- Corns and calluses

- Ingrown toe nails
- Lines across nails
- Tendency to get black toenails even without dropping something on them
- Balance problems

Foot pain is not normal and should always be taken seriously and not left to escalate. It may be that some professional advice on how to rest it is all that is needed, or it may be something that should be treated.

If you can identify with one or more of the above conditions, then you should certainly consider having a gait analysis and G-Walk assessment as a first step to discovering how well or not your feet might be functioning.

Our primary aim is to keep you on a strong footing for when that "storm of life hits your feet!"

## WORKING WITH YOU!



**STEP 1**  
First things first! Understanding the journey from there to here...  
The initial assessment and consultation

**STEP 2**  
Gait Analysis -  
Uncovering the WHAT

**STEP 3**  
The HOW -  
Technology

**STEP 4**  
(Biomechanics & Foot function)  
Musculoskeletal Assessment -  
THE Why

**STEP 5**  
The SOLUTIONS  
Orthotics & Exercise Therapies

**STEP 6**  
Future proof...  
from this step forward

"I visited Circle Podiatry with a very painful foot that had caused me to limp for many months. Not only did the Podiatrist cure my foot problem, he also discovered the reason for my 20 something years of chronic back pain. I was prescribed shoe inserts and now walk without pain in my foot or back – truly a life-changing experience!"  
Mrs. C. Clarkson, - an extremely happy patient.



### 1 FIRST THINGS FIRST!

Understanding the journey from there to here.  
This is the place where we get to fully understand how you got to where you are now. We will cover the following: Foot Health check, Initial assessment, history taking and initial diagnosis. Forming your personalised treatment plan and advice and where appropriate and possible carrying out an initial treatment.

2

## GAIT ANALYSIS - THE WHAT

During gait analysis we will video your personal walking and/or running style from which, we can analyse any abnormalities and inefficiencies in the way you walk.

Your overall walking and if appropriate running gait will be assessed during the Gait Analysis.

Since it is a dynamic assessment, the abnormalities and inefficiencies detected are also reflections of those happening during real life and in real time which may have led to the current issues you are experiencing or setting you up for problems later in life.

This important part of your treatment plan is essentially an assessment to detect WHAT is going on during your walking and/or running.

3

## THE HOW - TECHNOLOGY

Although Video analysis of your gait plays a big part in your assessment, our investment in technology also allows us to "see" what the naked eye can't. It is how we can see "what's going on behind the scenes"

This most commonly involves assessment with our G-Walk system. (This is "a wearable laboratory for analysis") It is a non-invasive wearable system for the functional analysis of movement.

G-WALK introduces a new approach to motion analysis: a specialised wireless inertial sensor applied to the patient enables us to perform clinical tests allowing us to see in detail the symmetry of your pelvic movements in 3 planes of movement. (All of which can be affected by the way your foot functions.)

It also supplies data on the most relevant parameters related to your walking and running such as how long your feet stay in contact with the ground and the speed with which they propel you forward.

Sometimes following our initial assessment our pressure plate may be deemed an additional or more appropriate tool and this will be communicated with you as part of your treatment plan.

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## MUSCULOSKELETAL ASSESSMENT - THE WHY

This is an in-depth examination of the structure and alignment of your feet and legs. It is carried out with you sitting, lying, and standing and enables the podiatrist to identify and therefore address any structural and functional faults. It may be that your foot has excessive movement occurring which needs to be controlled or that the timing of certain movements is abnormal.

Your lower limb joints and muscles from the hip down to the little toes will be assessed during the Musculoskeletal Assessment. The joint ranges of motion, structure and alignments as well as muscle integrity and functions will be thoroughly examined. This is the part of the Biomechanical Assessment where we can understand WHY you have (or might develop) the problems and what are the likely causes.

The results will become the fundamentals for your action plan including any orthotic prescription, enabling us to be able to provide you with tailor-made orthotics which will help realign and improve the foot's function.

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## SOLUTIONS: ORTHOTICS & EXERCISE THERAPIES

Orthotic and exercise therapies are most commonly what people need to improve their gait. The exercise therapies may involve either muscle stretching or strengthening (or a combination of both) They will likely have become tighter or weaker over time. Any identified needs will be relayed to you so you can begin prior to receiving the Orthotics. Your personalised orthotics are designed to assist your lower limbs to function in as optimal positions as possible. The aim of this is to allow your own body to heal itself and function with higher efficiency.

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## FUTURE PROOF..

- \* Be diligent in your after care.
- \* Complete your 2-week diary for review
- Prioritise your 4 week in-clinic review
- and finally its important to diarise your annual review.

Using G-walk we can compare the gait before and after any intervention observing and addressing any hidden affects that the naked eye wouldn't be able to perceive. This is valuable to ensure we have the safest possible long-term outcome of the intervention. All these sustains the results.

May your feet take you wherever your heart desires to go! Think of all the places your feet will take you!



Circle Podiatry was founded by Tina & Peter Allton.

Peter, having been practicing in the NHS for some 13 years previously (up to the year 2000) has always pursued excellence to ensure that his patients receive the best of treatment outcomes.

Peter is a qualified Podiatrist with over 35 years clinical experience. He is also the published author of the book "Undefeated by diabetes" - How to keep your feet for life.

Together they have led their team to win nearly 20 business awards since 2008.

Circle Podiatry is also officially recognised as one of the Best Small family Business in the UK.

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**We would like to say a big thank you for choosing our clinic as your preferred provider.  
Welcome to the family.  
Here's to keeping you on a strong footing!**

Peter and Tina Allton

"I have had problems with my feet for several years and by the time I accepted I needed help with them I was limping and had been for some time. I found coming to your practice to be a wonderful experience. The family atmosphere and way in which you dealt with my problem helped me feel at ease. I have been able to let go of the shame I felt around my feet and take pride in them for the first time. You diagnosed and solved my difficulty quickly and efficiently and I am no longer in pain. To be able to walk again has in no small way given me my life back".

Thank you for everything and see you again soon."

Ms. Amy D.

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