

Computerized gait analysis

What is computerized gait analysis?

Computerized gait analysis is a technique that uses an advanced computer system to analyze the way you walk. The computer system scans the bottom of your feet while you step across a pressure mat. The information obtained from the computer system assists us in making an accurate diagnosis regarding your feet and gait.

After the gait analysis has been completed, a Gait and Pressure Analysis Report is created. This report represents clinical analysis, summaries and conclusions concerning your foot and gait function. This information is used to create custom orthotics for your feet, which may be especially effective in reducing or eliminating gait abnormalities and low back pain.

Why do people suffer from foot and foot related problems?

As you walk, run and move, your entire body weight lands on your feet up to 15,000 times per day. Patients with foot and gait problems may eventually manifest other problems such as knee pain, hip pain, low back pain or gait abnormalities. Therefore, all patients with pain symptoms and a gait abnormality should undergo a computerized gait analysis to determine if there is a potential link between the gait abnormality and low back pain.

What can I expect during the procedure?

After a physical examination by the medical staff, you will be asked to walk across a computerized pressure mat. Information about your gait and feet will be sent to the computer, where a report is generated describing any abnormalities. The report is then sent to the Footmax laboratory, where a set of custom orthotics will be manufactured for your feet. These orthotics are usually available several days after the gait analysis has been completed.

What if I have diabetes or arthritis?

Diabetic and arthritic patients need to take extra precautions when it comes to foot care due to the many complications associated with these diseases. Corrective orthotics can bring relief to those patients suffering from diabetes or arthritis who have a gait abnormality with pain symptoms.

How can I find out more?

If you have any questions regarding computerized analysis for foot and gait abnormalities, contact Dr. Mark Strom at the Arizona Pain Clinic to get your questions fully answered. You can also get further information at the Footmax website, www.footmax.com.



9787 N. 91st Street, Suite 101
Scottsdale, Az. 85258
480-860-8300