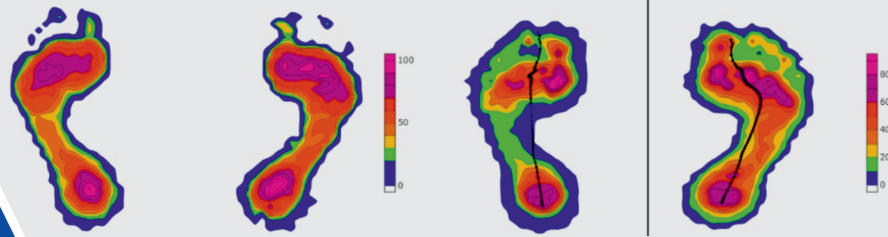


FOOT PRESSURE ANALYSIS



AIMS

1. To assess and eliminate the risk factors associated with abnormal weight bearing on foot.
2. Applying basic ergonomic principles, advice on foot wear and basic foot exercises to eliminating the number and severity of musculoskeletal disorders (MSDs)/injuries affecting the foot.

Our feet are designed for weight bearing. There are specific zones of pressure bearing in foot. Abnormal foot pressures can lead to aches and pains in the foot, legs and spine. It can also lead to musculoskeletal injuries. Identifying abnormalities in weight bearing patterns and correction of the same can help prevent injuries.

THE PROGRAM WILL BE CONDUCTED IN 4 PHASES

1	Assess the individuals foot pressure using OHM 3000 pressure analysis system.
2	Analysis of the weight bearing pattern using the software and identifying the abnormalities at the foot.
3	Once the problem is identified, basic ergonomic principles, advice on foot wear and basic foot exercises will be given to the employees for the correction of foot pressure.
4	Revaluation will be done (step 1 shall be repeated) to assess the effect of ergonomic advice and exercise training using using OHM 3000 pressure analysis system.

NOTE

The program can be modified as per the need of industry. The final proposal will be proposed after understanding the nature of work.

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