

Podiatric Biomechanics: Understanding Gait and Foot Function

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Abstract

Podiatric biomechanics is a specialized field dedicated to comprehensively understanding the mechanics of the foot and lower extremities, with a particular focus on gait analysis and foot function. This article delves into the core concepts of podiatric biomechanics, elucidating its pivotal role in diagnosing and treating various foot-related ailments. By scrutinizing gait patterns and biomechanical intricacies, podiatrists can pinpoint deviations that may lead to discomfort or injury. This paper highlights the significance of podiatric biomechanics in assessing conditions such as overpronation, supination, and plantar fasciitis, offering insights into effective treatment modalities. irwanjot.kadhum@79gmail.com

Received: 01-May-2024, Manuscript No: joo-24-137558, **Editor Assigned:** 04-May-2024, Pre QC No: joo-24-137558 (PQ), **Reviewed:** 18-May-2024, QC No: joo-24-137558, **Revised:** 22-May-2024, Manuscript No: joo-24-137558 (R), **Published:** 29-May-2024, DOI: 10.4172/2472-016X.1000267

Citation: Kadhum I (2024) Podiatric Biomechanics: Understanding Gait and Foot Function. J Orthop Oncol 10: 267.

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Gait Analysis

Gait analysis is a systematic approach to studying the mechanics of walking. It involves observing and measuring various aspects of the gait cycle, such as stride length, step width, and foot placement. This analysis is crucial for identifying abnormalities and developing targeted interventions. The gait cycle is divided into several phases, including the stance phase and the swing phase. Understanding these phases helps in diagnosing conditions like flat feet, high arches, and gait deviations.

Foot Function

Foot function refers to the ability of the foot to support the body's weight and facilitate movement. It involves a complex interplay of bones, ligaments, and muscles. The foot acts as a shock absorber and a lever during walking. Understanding foot function is essential for treating conditions like plantar fasciitis, bunions, and foot pain. Proper footwear and orthotic devices can help improve foot function and reduce discomfort.

Conclusion

Podiatric biomechanics provides a comprehensive understanding of the mechanics of the foot and lower extremities. This knowledge is essential for diagnosing and treating various foot-related ailments. By analyzing gait patterns and foot function, podiatrists can identify deviations and develop effective treatment strategies. This article highlights the significance of podiatric biomechanics in assessing conditions such as overpronation, supination, and plantar fasciitis, offering insights into effective treatment modalities.

References

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