EDUCATIONAL CONTENT POWERED BY EPT RECOVERY

PODOSmart Gait Analysis

A biomechanical gait analysis is used to identify underlying mechanical problems and abnormalities in the gait cycle, which may be contributing to pain, instability, or weakness in the body. Walking is one of the simplest acts that many of us do not pay attention to. The inability to walk will create a drastic effect on your health and will ultimately affect you in both short and long terms. People with an abnormality in their gait cycle can have several musculoskeletal problems and even point out cardiovascular health issues. It is the main reason that gait analysis is essential to maintain good health for not only runners but an average human being as well. A gait analysis helps the people to identify the issues that a person has in their gait cycle and helps in rectifying any problems if they have any so that the person may live a healthier life.

PODOSmart is a technological advancement in gait analysis. The device uses algorithms that involve artificial intelligence. These algorithms allow us to analyse the gait analysis of the person accurately, and they perform a diagnosis based on these biomechanical data from 13 points. PODOSmart also has been registered as a medical device. PODOSmart also can detect any disorder that a person might have in their mobility; for example, if a person limps or has abnormal angles, the device will be able to detect all of this in less than 30 seconds. It is quicker than any of the other conventional methods currently being used by many.

The PODOSmart device work in three simple steps; simple steps that provide complex data in less than a minute.
1. The insoles are placed in the patients' shoes. The patients are then asked to walk in those shoes both indoors and outdoors.
2. After the patient is done the walking, the data is directly sent from the connected insoles to the web interface of the physician with the help of the Bluetooth signals.
3. The final step of the gait analysis is the analysis of the activity and its corrections — the practitioner analyses the data, and a condition is diagnosed if there is any. The practitioner also makes a comparison of the way the patient has walked indoor and outdoor. Counsels the patient about the analysis and can then prescribe specific exercises or other treatments to aid in fixing the abnormalities in the gait cycle.

The PODOSmart provides the practioner with the following data:
1. Cadence
2. Speed (walking/running, propulsion and average)
3. Digital gait-line
4. Dynamic pronation/supination
5. Time (stance, stance phases, swing, double support, stride)
6. Stride length and asymmetry

Modern advancements have made this scientific-based technique quicker and more precise. The benefits of a gait analysis can never be ignored since it can identify existing injuries and aid in avoiding future injuries. To book your assessment, kindly contact > bio@eptrecovery.com