

FOOT MOBILISATION THERAPY

Foot mobilisation therapy (FMT) helps you alleviate foot and leg pain without medication, needles or surgery. It treats the cause of your pain, rather than just temporarily relieving the symptoms of the problem.

FMT involves the hands-on manipulation (movement) of stiff, dysfunctional joints in the feet by a qualified practitioner in order to improve joint alignment, release tension and help your feet and legs function more efficiently.

It operates on the simple but effective principle that when movement restrictions or misalignment in the joints is present, your body will move in a way that isn't ideal for your muscles, tendons, ligaments and bones. This may place abnormal strain on other parts of the feet, or change the way you walk to be sub-optimal, which can all lead to ongoing pain and injury.

By 'freeing' up the joints to move naturally as they were intended to without restriction in three key ways, FMT helps you to overcome and prevent these foot problems.



HOW DOES FOOT MOBILISATION HELP?

The three key ways that FMT works means it helps to:

- **Improve bone and joint alignment**, thereby allowing muscles, tendons and ligaments to work efficiently
- **Improve the range of motion of the joints**, allowing fluid to flow more freely and movement to be optimised
- **Improve your postural stability and balance** by allowing the joints to function properly. This can mean both pain reduction and assist with preventing falls as well as improving confidence on the feet
- **In injuries, allows the affected structures to heal properly** by promoting healthy movement and reducing strain

WHO CAN BENEFIT FROM FMT?

We find FMT to be fantastic for joints that are misaligned, stiff, restricted and not moving as well as they should be. This means that if you have any of the following, you will likely benefit from FMT:

- Arthritic foot pain
- Heel and arch pain and spurs, including plantar fasciitis
- Painful flat feet
- Bunions
- Cuboid syndrome
- Ongoing unresolved foot pain
- Painful high arches
- Ankle sprains, weakness or stiffness
- Sore or tight calves
- Hammer and clawed toes
- Forefoot pain, including from a neuroma
- Achilles tendinopathy



If you have a painful injury and can benefit from FMT, it's likely that foot mobilisation will form a key part of your treatment plan. We find that the greatest success for your foot health and rehab is achieved by combining the relief of your painful or uncomfortable symptoms, with working to actively repair the problem or injury, and then treating the underlying causes so that it's less likely to recur in the future.

Our Values – We:



love what we do



challenge the status quo



are stronger together



aim to continuously improve



do what we say, sometimes more, never less