



## **The Gait Doctor Is Now Open to Offer Custom Orthotics at a New Location in Auckland**

*August 24, 2021*

August 24, 2021 - PRESSADVANTAGE -

The Gait Doctor, Dr. Cherye Roche, is happy to announce that she is back in practice at a new location in Auckland, New Zealand, after taking a four month sabbatical. Her new location in Albany is just a little further down Apollo Drive. She is a doctor of Chiropractic and biomechanist, but is now focusing her practice on biomechanical assessments, gait analysis (using GaitScan technology), and the provision of custom orthotics. Although she is a qualified chiropractor, she prefers to focus on this area of special clinical interest, which can help those who are suffering from spinal, pelvic, knee, hip, ankle and foot pain, or those who have not responded well to traditional physical medicine treatments.

Dr. Roche studied kinesiology and exercise physiology at the University of Washington in the US, where she earned her bachelor's degree and an athletic trainer certification. She also served as an intern at the U.S. Olympic Training Center in Colorado Springs and worked as an exercise physiologist before attending Chiropractic College. She graduated from Western States Chiropractic College in Portland, Oregon, after which she went to work in a private practice for 11 years in Seattle, Washington. She also served as an assistant professor at the Chiropractic Department in Portland of The University of Western States. She migrated to the UK in 2001 and worked as a senior lecturer for two universities there. In 2009, she migrated

to New Zealand and taught at the New Zealand College of Chiropractic from 2010 to 2013.

The Gait Doctor says, "I'm back! I took a four month sabbatical in Akaroa to clear my head, and plan for my 3rd Act in life. It was a fantastic experience, and I highly recommend it. I am ever so grateful for the stunning beauty of the Banks Peninsula, and the lovely people who warmly welcomed me into their community, even if just for several weeks. I am now back refreshed and raring to go. I am just down the road on Apollo Drive in Albany. So, I am still very local and convenient to get to. It is a lovely clinic, and there is plenty of parking. Gill is serving as my administrator, so just call and she can answer any questions, book appointments for you and/or your family and friends, place orders for additional orthotics or refurbishments, and assist with helping you to have an optimal outcome with your custom orthotics. Call our new number and put it into your phone."

A GaitScan analysis is typically included in the assessment process for a new patient, in addition to a clinical / biomechanical exam. This will provide data, graphs, and images that will show the extent of the dysfunction in the patient's biomechanics. If the patient needs custom, functional orthotics, the GaitScan data will be used in making the custom foot orthotics that are prescribed specifically for the patient, for the individual support of each foot.

The custom orthotics that Dr. Roche prescribes are manufactured by The Orthotic Group (TOG) and can fit virtually any shoe. These unique insoles are designed and prescribed to ensure optimal foot function based on the unique and individual requirements of each patient. Custom orthotics optimize the position and movement of the feet to reduce stress on the muscle, tendon, and joints. These are designed to ensure stability and balance, while facilitating better movement, which allows the body to heal.

Poor foot mechanics will eventually contribute to various conditions in the joints in a person's "kinetic chain," which are the feet, knees, pelvis, hips, head, and spine. Many clinical studies indicate that functional orthotic therapy can play a unique and vital role in the long-term success of any treatment plan for patients with acute-on-chronic, recurrent, and/or chronic musculoskeletal dysfunction and pain. This is because, if the feet do not function effectively, the balance, posture, structural integrity, and freedom of movement of the rest of the body are negatively affected. Any medications, therapies and treatments for chronic musculoskeletal issues will not be able to significantly enhance overall health when the foot function continues to be compromised.

Those who are interested in learning more about custom orthotics offered by Dr Cherye Roche can check out her website, or contact her on the phone or through email.

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For more information about Gait Doctor, contact the company here:Gait DoctorDr Cherye Roche 09 889 2880admin@gaitdoctor.co.nz59 Hastings Road Mairangi Bay, Auckland 0630 New Zealand

## **Gait Doctor**

*Dr. Cherye Roche at Gait Doctor, is an international expert in the biomechanics of walking and running. Whether you are a performance athlete or just suffering from hip, knee, arch, foot or shin pains, She can probably help.*

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