



## **The Gait Doctor Offers Custom Foot Orthotics in Auckland New Zealand**

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Dr. Cherye Roche, who is also known as the Gait Doctor in Auckland, New Zealand, is happy to announce that she is ready to use custom foot orthotics and biomechanics technology to help with various body malfunctions related to foot posture. As part of the patients' first visit experience, Dr. Roche will perform a GaitScan analysis where the patient walks across a pressure plate in order to examine the dynamic movement of the feet while walking. Next, they have the patient walk across a pressure plate, in order to evaluate the dynamic pressure distribution of the feet while walking. The scan results will then be printed and then reviewed by Dr. Roche together with the patient.

The results of the physical exam will be compared with the gait analysis reports and these are used to prescribe and develop custom functional orthotics to support and enhance the foot and total body biomechanical function. Then if it is appropriate for the patient, Dr. Roche will offer some recommendations regarding the inclusion of orthotics to the patient's care plan, and the type of orthotics that would be most suitable for the patient's foot type and foot wear requirements. The printed reports are then given to the patient for possible sharing with other healthcare professionals.

Dr. Roche is a biomechanist and a Doctor of Chiropractic but prefers to focus on biomechanics and custom foot orthotics, which can help those who are suffering from knee, hip, ankle, or foot pain. She is currently seeing patients primarily for biomechanical assessments and GaitScan analysis. She learned about 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 was also an intern at the U.S. Olympic Training Center in Colorado Springs and served as an exercise physiologist before attending Chiropractic College.

A Gait Scan analysis is usually included in the evaluation process for a new patient, in addition to a clinical / biomechanical exam. The custom orthotics that Dr. Roche prescribes are fabricated by The Orthotic Group (TOG) and can fit practically any shoe. These special insoles are designed and prescribed to provide optimal foot function based on the specific and individual needs of each foot, for each patient. This optimizes the position and movement of the feet as a way to minimize stress on the tendon, joints, and muscle. The custom orthotics are designed to ensure stability and balance, while better movement is made easier, thus allowing the body to heal.

The biomechanical assessment to be conducted by Dr. Roche is a three-step process. The first step is a detailed physical exam to assess foot function, leg length, posture, and other appropriate assessments. The second step is where the patient is asked to walk across the gait analysis pressure plate. This is designed to evaluate the dynamic movement of the foot while the patient is walking or in motion. The scan results will be printed out and given to the patient to bring home and for possible sharing with other healthcare professionals also taking care of the patient. The third step is done when the patient agrees to purchase the orthotics recommended. An order is then placed and the orthotics are made based on the prescribed specifications. This will take about 30 days, after which, a fitting visit is scheduled. During the fitting visit, the orthotics are fitted to the patient's shoes and checked if they are working properly.

Various kinds of problems can be resolved the use of custom foot orthotics. These include: great toe pain (bunion / hallux valgus); painful big toe (hallux rigidus); ball of foot pain (metatarsalgia); Morton's neuroma; hammer toe(s); foot arch pain (plantar fasciitis); heel pain (heel spur or Achilles tendonitis); Equinus ankle; shin splints (tibial tendon disorder); low back pain (lumbar strain); sciatica (lumbar disc protrusion); hip pain (piriformis syndrome); collapsed foot arch (pronation syndrome); runners knee (it band syndrome / patella tracking syndrome); ); scoliosis (spinal curvature); and jumpers knee (infra-patellar tendonitis).

Those who are interested in learning more more about Gait Doctor can check out Dr. Cherye Roche's website, or contact her through the telephone or via email.

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For more information about Gait Doctor, contact the company here: Gait Doctor Dr Cherye Roche 09 889 2880  
admin@gaitdoctor.co.nz 59 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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