47. A method according to claim 46, wherein the sensor includes a transport electrode coated with an inherently conductive polymer having a colour that is dependent on its oxidation state such that oxidation or reduction caused by current changes resulting from the mechanical input will produce a visible colour change.

48. A method according to claim 41, wherein the sensor includes a transducer and separate feedback indicator.

49. A method according to claim 48, wherein the sensor includes a transmitter to allow the feedback indicator to be remote from the transducer.

50. A method according to claim 41, wherein the sensor includes a wheatstone bridge circuit where the electrical current path provided by the conductive polymer material is the variable resistance segment of the circuit.

51. A method according to claim 41, wherein the feedback indication is produced whenever a mechanical input is greater than a predetermined threshold.

52. A method according to claim 41, wherein the device is configured to monitor lower limb motion.

53. A method according to claim 41, wherein the device is configured to monitor upper limb, torso, head and/or neck motion.

54. A method according to claim 52, wherein the device is configured for monitoring knee joint motion and/or ankle joint motion, and/or hip/joint motion.

55. A method according to claim 41, wherein the device is used as a training aid during landing training programs for participants in sports with a high incidence of knee and ankle injuries such as football, netball, basketball or skiing.

56. A method according to claim 52, wherein the fabric is formed into a sleeve wherein the conductive polymer coating is positioned on the sleeve, such that in use, the feedback indicator provides an indication in the form of an audio signal to alert the participant when they are using inappropriate limb joint motion.

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