## 

**What to expect from your Podiatry assessment appointment.**

You have received an appointment for a New Patient Assessment with the Podiatry service. Podiatrists specialise in care of the foot and lower limb. Your referral has been triaged by one of our experienced clinicians and your assessment appointment has been booked into an appropriate clinic.

***Your initial assessment is for the clinician to decide the most appropriate course of treatment for your problem. Your treatment plan will commence following this initial assessment.***

**What types of clinic do we offer?**

Core

Assessment of the medical need for Podiatry alongside:

* Painful corns and hard skin
* Painful ingrown or pathological toenails
* Foot pain that affects quality of life

High risk

* Complex conditions that put the foot at risk.

Active foot problems related to;

* Diabetes
* Poor circulation
* Neurological deficit
* Rheumatology
* Wound care

Nail surgery

* Partial or complete surgical removal of painful or ingrowing toenails under local anaesthetic\*

Biomechanics

* Mechanical related foot problems
* Pain with activity
* Muscle weakness
* Insole therapy
* Extracorporeal Shockwave therapy \*
* Landmark guided steroid injections\*

\*All Nail surgery, Steroid injections and courses of shockwave therapy require a pre-assessment appointment before commencement.

**What do I need to bring?**

* **Up to date list of your medication** - Please bring your latest prescription to your appointment.
* **Appropriate footwear** – Please attend in well fitting, supportive and adjustable footwear. We are unable to fit any insoles if the footwear is deemed inappropriate. For advice on choosing good footwear please see the Royal College of Podiatry’s guide to choosing the right footwear below

[https://rcpod.org.uk/api/documentlibrary/download?documentId=696](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Frcpod.org.uk%2Fapi%2Fdocumentlibrary%2Fdownload%3FdocumentId%3D696&data=05%7C02%7Cjonathan.bolland1%40nhs.net%7C53b42b779cf849342b0008dd9d2144d5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638839488397333873%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Ux8o3jrVXdqalJnpfH%2BWpIFlI6Ef5aVsDw8TgQzPT2o%3D&reserved=0)

It is also advisable to bring relevant footwear such as work boots or running trainers that you wear for your main daily activities.

* **Any previously prescribed insoles**. This allows the podiatrist to understand any historical pathology and treatment you may have received.