



Information & Consent Form: Podiatry

Information to make your appointment as smooth as possible.

Podiatrists specialise in the assessment of the biomechanical function of the Pelvis & lower limb in order to diagnose & treat foot, ankle & lower limb injuries. They also use these skills to assist in the management of spinal, hip & pelvic pain & dysfunction.

Podiatrists observe movements of the foot and lower limb and evaluate the interactions at play to determine the relevance and implications of forces that are transmitted to your muscles, tendons, ligaments and bones. They accurately identify the injured structure and the functional characteristics of an individual to design patient specific treatment plans that address the causes. They advise on orthotics, in-shoe modifications, footwear, exercise and running techniques.

By assessing the patient's biomechanics, using a range of techniques including gait analysis, they are able to determine if part of the treatment plan should include the prescription of orthotics. Orthotics are designed to reduce stress in tissues, optimise foot function and improve the biomechanical action of the entire body system.

Area of Expertise

- Sports & Musculoskeletal Injuries including overuse problems
- Biomechanical Analysis
- Walking & Running Gait Analysis
- Footwear Prescription & Modification
- Custom and Prefabricated Orthoses

Insurance Coverage & Private Consultation Costs

Initial Podiatry consultations are covered by most major insurers (except AXA Health). Some insurance companies will only cover Podiatry consultations with a GP or



consultant referral. Patients should check their individual policies to determine what they are covered for.

Procedure	Charge
Podiatry Initial Gait Analysis	£230
Follow Up Consultation (30 mins)	£112
Follow Up Consultation (15 mins)	£70
Custom Orthotic Therapy	£315

Information about your appointment

Our Podiatrists are keen to get you back to your peak as soon as possible. In order for them to do this we just want to explain a little bit more about your consultation so everything runs as smoothly as it can.

The initial consultation will last approximately 45-60 minutes where the Podiatrist will conduct an examination of the injury and biomechanical examination to ascertain the best course of treatment. During the course of the consultation analysis of your walking and running gait will be completed using video analysis. You will receive treatment recommendations and advice based on their findings throughout the consultation.

Repeat consultations and orthotic therapy will generally not be covered by any insurance companies.

Custom Orthotic Therapy

If the Podiatrist recommends custom orthotic therapy this will require two 30-minute follow up appointments in conjunction with the orthotic price. One appointment will be to take a plaster cast of your feet placed in a certain position and once finished, this will be sent to an orthotic laboratory accompanied by a prescription form which will outline to the lab the specific requirements the orthotic must require based on your biomechanical examination.

When your orthotics arrive back with us, we will contact you and arrange a time for your second follow up consultation where you will be fitted. At this time the foot



orthotics need to be assessed and fitted properly. The wear in process will be discussed along with additional information pertaining to your management plan.

It is sometimes necessary to review your orthotics and injury after a certain amount of time. This is important and ensures that you are progressing in your treatment plan as effectively and as efficiency as possible. The best course of action will be discussed with your podiatrist at your fitting appointment.

Cancellation Policy

We require at least 24 hours' notice from you if you need to cancel an appointment. Appointments cancelled within 24 hours of the appointment time may be charged at the full value of the consultation.

Patient signature

I have read and understood the information relating to my consultation

Name: _____

Signature: _____

Date: _____
