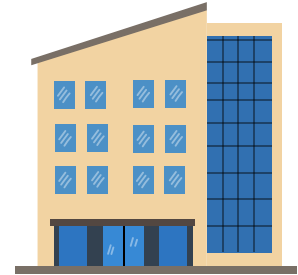


# Going to the Podiatrist

I will be going to ..... Health and Care Centre on

\_\_\_\_\_



I have an appointment in ..... to visit the Podiatrist.

The appointment should last around \_\_\_\_\_  
(hours/mins).



I will be going to see a Podiatrist, who is a doctor that cares for your feet and ankles.



When you visit the Podiatrist, they will want to ask your parent/carer and you some questions about your health and the pain you've been experiencing.



The Podiatrist will want to carry out some tests. These tests will not hurt.

You may feel scared. It's okay to be scared. If you feel scared these are some things you can do

1. Stay calm



2. Take 10 deep breaths



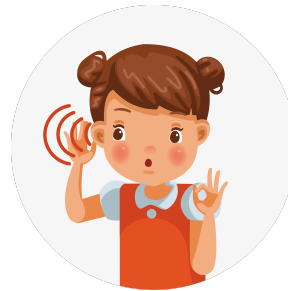
3. Think of something nice I enjoy



This may help to make you feel better



When the Podiatrist is carrying out the tests, they will give you some instructions. It's really important that you listen to these. If you don't understand or hear the instruction, it's okay to ask for the instruction again.



The Podiatrist may ask you to remove your shoes and socks and to sit up or lie down on a bed.



The Podiatrist will examine the area of your \_\_\_\_\_ that is sore or where you feel the pain.



They may ask you some questions about the pain, such as, on a scale of 1 to 10, 1 being not very sore and 10 being really sore, how sore is the pain, when did the pain start, when do you feel the pain and how often you feel the pain. They may ask about any physical activities or hobbies you do. They may ask you other questions.



When the Podiatrist is examining the area of your \_\_\_\_\_, they may get you to do some exercises. These exercises will not hurt. The exercises will show the Podiatrist how far you are able to move your \_\_\_\_\_. Remember to listen and follow the instructions.

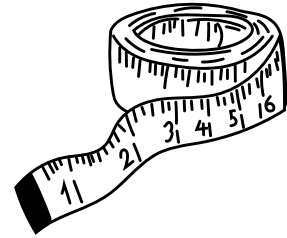


The Podiatrist may examine your hip, knee, ankle and foot joints by getting you to carry out exercises. The exercises will not be sore. Remember to listen to the instructions.

The Podiatrist will want to test your muscle strength. The Podiatrist will carry this out through exercises, they will not be sore. Remember to listen to the instructions.



The Podiatrist will want to carry out a leg length examination. This will not be sore. The Podiatrist will ask you to lie down on your back and they will take a measurement of your ankle bones. They will then measure from the hip bone to the ankle bone on both the right and left side. If the Podiatrist feels there is a difference in the measurements, you may get referred for a CT scan to measure leg length. (A CT scan doesn't hurt; it's like an x-ray that takes pictures of your bones).



The Podiatrist may want to check your posture. For this the Podiatrist will ask you to stand up straight and carry out measurements of your spine and back. This will not hurt.



The Podiatrist will want to carry out a gait assessment with shoes off and shoes on. A gait assessment is just looking at how you walk and run. This will not hurt. Remember to listen to the instructions. The Podiatrist will ask you to walk at different paces, slow, normal, fast. The Podiatrist will ask you to run at different paces, slow, normal, fast.



Once the Podiatrist has carried out all the tests, they may have a talk with you and a parent/carer, to let you know what the results are. If this isn't possible, they may give you another appointment to come back.

