

If you discover any problems with your feet, contact your Podiatry Department or GP immediately. If they are not available, go to your nearest accident and emergency department. Remember, any delay in getting advice or treatment when you have a problem can lead to more serious problems.

Individual advice

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Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

You have a responsibility to treat other service users, patients and our staff with dignity and respect

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600 054 by email: Pals@swift.nhs.uk or by calling in person to the PALS Office which is located in the Lakin Road Entrance of Warwick Hospital.

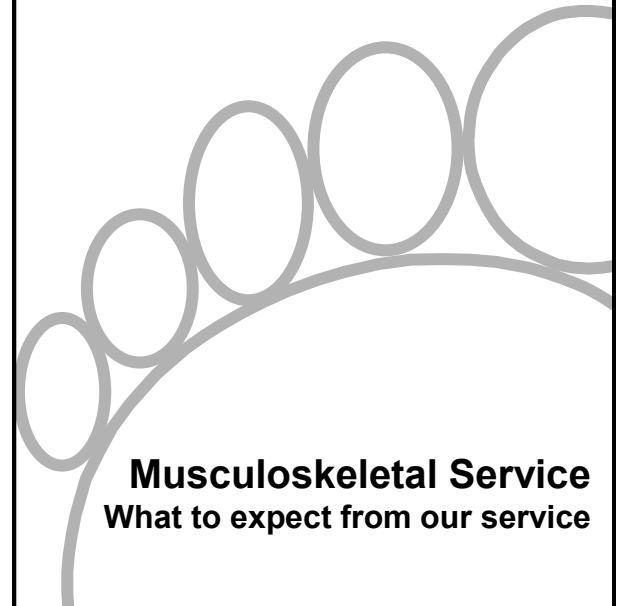
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MSK1
Service Leaflet

SWFT Podiatry Department does not supply sport orthotics, purely for use in sports.

South Warwickshire **NHS**
NHS Foundation Trust

Podiatry Department



Musculoskeletal Service
What to expect from our service

Name:

NHS No:

Podiatry Single Point of Access
Telephone: 01926 600810

Lines open 9am to 4pm Monday to Friday

Email: podiatryreferrals@swift.nhs.uk

What to expect from the Podiatry Musculoskeletal Service/Surgical Appliances Department

Why have I been referred to the service?

South Warwickshire NHS Foundation Trust Podiatry Service offers a specialised Musculoskeletal Service for children and adults. This is a field of podiatry that deals with assessment and treatment of mechanical problems affecting the feet and lower limbs.

Your assessment will include a biomechanical assessment following which we may either:

- Prescribe advice and / or an exercise Programme & possibly advise you of where to purchase a suitable device i.e. Insole and then discharge you from the service;
- Issue you with a device to wear in your shoe. Depending on your diagnosis, this may be a ready-made or custom made device.

What do I need to bring to my appointment?

The assessment that we invite you/your child to attend is to look at his/her walking to see how they walk and what positions certain joints are in. We also examine patients lying on a couch to briefly check the movement of leg and foot muscles and joints.

The length and depth of the examination will vary upon the severity of the presenting problems and the age of the patient.

Please could you bring:

- 1) **A list of your current medication**
- 2) **A pair of shorts or ensure that skirt/trousers can be raised to above knee level. (without using your hands)**
- 3) **2 pairs of shoes, if available a pair of old/outgrown shoes**
- 4) **Any old pads or devices previously prescribed.**

Depending on the outcome of the examination there will be several treatment options ranging from just advice and discharge to referral to GP, or possibly an orthopaedic consultant, orthotist or physiotherapist.

The provision of insoles and surgical foot wear may also be indicated.

Footwear advice

For your treatment to be effective, it is essential that your day to day footwear has the following:

- An enclosed toe and heel;
- An adjustable fastening, e.g. Velcro, lace-up, etc.;
- A deep toe box (the depth of the toe in the shoe) e.g. trainers, flat walking shoes etc.

Unsuitable shoes include:

- Sandals
- Mules sling backs
- Court shoes
- Ballerina dolly shoes

Please note that we will only issue devices where footwear is considered appropriate.

Insoles or Orthotic Information:

You will only be issued with one pair of devices/orthotics but we will provide information on where to obtain further pairs. The amount of time a device lasts varies from patient to patient but it is quite usual for them to last for up to five years.

Sporting activities

It is recommended during musculoskeletal development that sporting activity is varied to allow for the muscles to develop in a balanced way.

The devices issued by the Podiatry Department are designed for day to day activity and are for use only when walking; we are not able to support the use of the orthotics during sporting activity.

If you require advice as to where to obtain orthotics for sporting activities. Please ask your Podiatrist for a list of private sports clinics locally.