

Stretching Exercise	Date								
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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.

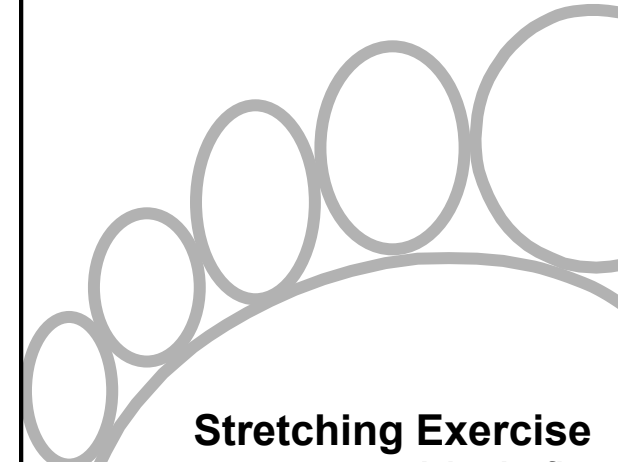
PALS

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@swft.nhs.uk or by calling in person to the PALS Office which is located in the Lakin Road Entrance of Warwick Hospital.

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

Podiatry Department



**Stretching Exercise
advice leaflet**

Name:

NHS No:

**Podiatry Single Point of Access
Telephone: 01926 600810**

Lines open 9am to 4pm Monday to Friday

E- mail: podiatryreferrals@swft.nhs.uk

Achilles tendon and Plantar Fascia stretch



Personal Advice:

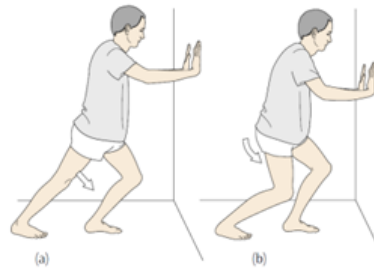
Alterations:

Exercise Programme

Personal Goals/ Plan

The exercises chosen for you will have a tick in the box.

Calf Stretch



Quadriceps Stretch



Hamstring & Glute Stretch



Personal Advice:

Alterations:

Advice/ Warnings

You should do the exercises chosen for you gently and increase gradually. You should never feel pain but a little discomfort is common. You should never 'bounce' but hold the exercise for the amount agreed with your Podiatrist (usually around 30seconds) For more information on these exercises you can look at:

<http://www.arthritisresearchuk.org/>