

Comprehensive Assessment of Your feet

Unfortunately some people find themselves with foot problems, sometimes very serious, without much warning and the results can be disastrous.

We offer a comprehensive assessment that examines 6 major areas that will indicate at what risk of problems you have. As this examination's name suggests it is very thorough covering:

- Circulation
- Sensation
- Biomechanical, Muscle and Joint function
- Dermatological status
- Pressure under the feet
- Footwear

The tests and the equipment used have been shown in research to be the best possible to provide you with valid and reliable results.

We will provide you with a full colour report, which we will explain the results and your options if any areas need to be addressed. A copy will be sent to your GP and anyone else you wish.

This information then becomes a baseline for comparison with the results of your regular 6 monthly foot check or 12 monthly foot health reassessment done by us, your regular podiatrist or GP .

1. Assessment of Your Blood Circulation

Poor circulation is sometimes called peripheral vascular disease and occurs because of narrowed blood vessels. It limits the flow of blood to the feet. Blood carries oxygen to keep body tissues healthy as well as special white blood cells to fight bacteria.

Normally our skin protects us from infection. Poor circulation causes the skin to become cracked, or it may be broken due to injury and this allows bacteria to enter.

The late treatment of infections can lead to irreparable damage to your feet including gangrene.

We use Doppler ultrasound to measure the blood flow velocity (speed), timing and amount over 2 areas in each foot. We combine this equipment with blood pressure measurement, comparing the pressure between the arm and at the ankle. This gives us an indication of the potential of future problems.

2. Assessment of the Nerve sensation in your feet

Nerve damage, often called neuropathy, particularly when coupled with high pressure areas, can occur in the long nerve fibers connecting your sense of feeling and pain in your feet, to your brain.

If this sensation pathway is damaged, you might not feel that your feet are sore or injured and infection may result if it is left unnoticed.

We use a monofilament device to assess the sensation in 10 areas on each of your feet. This gives us the status of the health of your present sensation and indicates where any risk of insensitivity may occur. We also use a specially graduated tuning fork to measure the sense of vibration over 3 bony prominences of each foot. This gives us an indication of the potential of future problems, as vibration sense is the first sense to diminish.

3. Assessment of how Your feet & legs work

One of the risk factors that recent research has shown, is that people with diabetes can often have a decreased range of motion in the joints.

This can increase the pressure under certain areas of the feet which increases the risk of injury to that tissue.

This risk will also be affected by the structural misalignments we all have and how your muscles and joints function.

4. Assessment of Your skin and nails condition

The tone of your skin, development of hard thick skin, (callous), or Infection between the toes, is more than just a nuisance for people with diabetes. These may indicate a more significant concern.

For example, a callous formation, such as seen in this picture, may well indicate high pressure occurring under areas that are not designed to tolerate them. This could lead to tissue injury.

In your assessment, we will thoroughly examine your feet for nail or skin problems. This information helps to build a clear picture so we can recommend strategies, not only to address any immediate concerns, but to actively work towards curing any conditions you may have and prevent them reoccurring.

5. Assessment of the Pressure underneath Your feet

This shows the pressures underneath your feet throughout your walking cycle.

We analyse the peak pressure, (the highest Pressure over a short time), and the Integral Pressure, (the time any pressure occurs over an area, as your foot is in contact with the ground, during your walking).

This information can be crucial because it shows, in both your feet, the areas of pressure which could place tissues at a significant risk of injury.

6. Assessment of Your footwear

We examine your present footwear options for fit, suitability, activity and function. Also, we assess the components of your shoes, such as the materials the sole and upper are made of.

Any foot deformities such as bunions, can also lead to potential pressure areas, therefore you have to accommodate them.

We will also show you the features to look for when buying shoes, taking into account what we have found in this examination.

7. Your Report of Our Findings

The results of your examination will be fully explained to you in your report consultation. This will include recommendations to address any areas of concern with the appropriate options.

If the report recommends further assessments in the future, we can look after that too.

You will also receive a full copy of all the report details for your future reference. We will also send a summary to those in your 'health team', so that everyone is kept up-to-date with your foot health status.