

Initial Musculoskeletal/Biomechanical/ACC Biomechanical Consultation

Who are these appointments for?

- If you suffer from anything to do with general foot pain (bunions, forefoot, heel, or ankle pain) knee, hip, or back pain.
- If you have concerns regarding your balance/instability.
- If you want to address any issues regarding old injuries or current ACC injuries.
- If you require post-operative rehabilitation and management.
- If you have any concerns about your child's foot or walking gait development or any pain they may be experiencing.
- If you want to improve your Running Economy/Running Technique or reduce risk of injury for recreational purposes or any particular event you may have coming up.
- If you want to return to activity and aren't sure how to do so.

How do we conduct these consultations?

- For new patients, we will send you through your consent form via email prior to your consultation.
- We will arrange a date and time that works for you. The initial consult is 30 min.
- We will ask you to send a video prior to your appointment, of you walking up and down in a straight line, for approximately a 5–10 metre linear strip. This must be filmed from a low angle, to ensure we can see accurately your feet, knees, hips, back, and head on the correct angle, from both front and back. If you are unable to pre-record a video, can do this during the consultation providing you have a support person available and a mobile recording device such as cellphone or laptop that can be positioned correctly. Anything pre-recorded will be stored safely, and privately to your medical file on our patient management system or on our gait analysis software which is private and complies with the Privacy Act in our Privacy and Confidentiality policy of our Allied Health Care accredited policy.
- We will use a secure Telehealth Video Conference system to phone in with you.
- We will email through your invoice to you after your consultation with our online banking details, to be paid in 7 days.

What will my consultation be like?

This will be run exactly as our follow-ups are run in the clinic:

- We will conduct a thorough subjective assessment discussing with you your pain, your medical history, your injury history, your activity levels, your footwear, and establish your goals.
- We will ask you to show us your most commonly worn footwear, and ask you to perform a few tests to check the wear patterns, structure, and suitability.

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- We will conduct an objective assessment, which of course will not include hands-on manipulation, however, we will ask you to perform a series of functional tests that we typically use in the clinic, which allows us to determine range of motion in your foot joints, ankle joints, knee, and hips. We will look at tests to determine your foot, ankle, and gluteal strength. We will perform tests that also assess your stability/neuromotor skills.
- We will analyse your video gait recording to evaluate the function of your foot, ankle, knees, and hips to evaluate how any dysfunction in your gait relates to the results of your functional tests, and your subjective information.
- We will then put together the entire clinical picture, looking at all facets of your subjective information, and objective analysis to provide you a clear understanding and explanation of what your pain is, what contributes to your pain, and ensure we are managing your issue holistically.
- We will then provide you with thorough and comprehensive education, and information regarding what you need to do to manage your presenting complaint.
- Your comprehensive management plan and outcomes of your appointment may include:
 - A strengthening/loading/stretching exercise programme. We will demonstrate the exercises to you have you perform them during your consult to ensure they are performed correctly and comfortably. We are able to email you the exercises in writing also.
 - Footwear education/footwear recommendations for your foot function/activity.
 - Activity modification education.
 - Gait timing advice/recommendations.
 - Running gait retraining techniques.
 - Should you require any products such as customised prefabricated orthoses, heel raises, or heel cushions, or toe props we will have these available for purchase in our online store and will direct you to the correct device/size/model etc*.
 - Education regarding timelines, and expected number of follow up appointments required.
- Should you require any further investigation or additional collaborative care from other Allied Health Care providers to enhance your treatment/rehabilitation, we will write any necessary referrals to Radiology, Specialists or other providers if necessary.
- We will complete and document all of the above in your medical notes and have them stored on your file on our patient management system exactly as we would in a face-to-face consultation.
- We will arrange a follow-up with you, while we are on the video call.

*Should you require any strapping of your foot/ankle, or padding, or customised prescription orthoses, we will not be able to provide this remotely, and can organise this when where we are able to return to clinic for physical appointments.

Should you have any queries regarding any of the above systems and procedure, please phone our office for more information.

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