

Orthotic Review Consultation (12 month review of your orthoses)

Who are these appointments for?

If you have had orthotics from your Resonance Podiatrist for 12 months or longer these require their annual review. This is to ensure the modifications and prescription of your orthotics continue to optimise your function in the best possible way, to continue to reduce your pain or dysfunction.

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, both barefoot and with your shoes on and orthotics in, 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, we 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 if there have been any changes to your pain, your medical history, your injury history, and your activity levels over the past 12 months.
- We will re-establish any new short and long term goals you have.
- We will ask you to show us your most recent commonly worn footwear, and ask you to perform a few tests to check the wear patterns, structure, and suitability.
- We will reassess your biomechanics again to compare to the previous year, 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 re-determine your foot, ankle, and gluteal strength. We will perform tests that also assess your stability/neuromotor skills.

Locations throughout New Zealand

- We will assess your video gait recording and compare to previous, 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 areas of your subjective information, and functional and gait re-assessment 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/updated footwear recommendations for your foot function/activity.
 - Activity modification education.
 - Gait timing advice/recommendations.
 - Running gait retraining techniques.
 - Possibly a new set of prefabricated orthoses (can purchase through our online store), or modification to your existing orthoses.
 - Education regarding timelines, and expected number of follow up appointments required (if 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.

Locations throughout New Zealand

0800 473 776


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www.respod.co.nz