

Having a Foot Scan

Why am I having a foot scan / foot pressure readings?

You have been diagnosed with a foot problem or/and walking (gait) issue. As part of the treatment and management plan, you have been referred for a foot (pressure) scan. The foot scan will help to identify any high pressure areas under your foot, which may be causing pain.

The scan (as shown on figure 1) also allows us to see how your foot is functioning as you walk. The results of the scan will help us formulate a plan to treat your foot. Sometimes the data may help to assist with surgical planning (or to review the foot after surgery) and/or to help with an orthotic (insole) prescription. Please note that this is not a diagnostic scan and the data generated has to be interpreted by the clinician after the consultation.

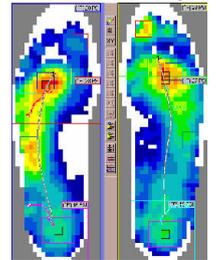


Figure 1

What does the scan involve?

Pressure sensors (as shown on figure 2) will be placed into your shoes. These often need to be cut to the correct size. The sensors are attached to the computer via some cables. You will need to wear some Velcro straps to attach these cables. You will be asked to walk for a few steps so that the readings can be recorded. You may have to walk a few times before enough data is recorded. The whole process should not take more than 1 hour.

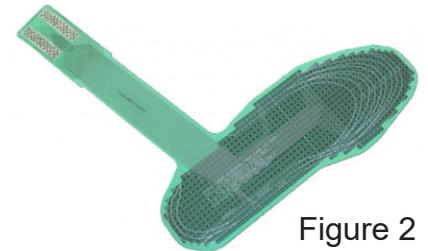


Figure 2
In shoe pressure
sensor

What do I need to bring with me?

Please wear lightweight clothes, such as shorts/ track suit bottoms and a T-shirt.

Importantly - Please bring a few pairs of commonly worn shoes, including:

- Shoes you wear most days – such as school or work shoes
- Any shoes you use for sports/leisure time – such as trainers or walking shoes

We cannot place the pressure sensors in all shoes, so please make sure that one of your pairs of shoes is a lace up / trainer type shoe. Please note that we cannot place the pressure sensors in high heeled shoes or ankle boots.

If you require any further information please contact the Podiatry Department on 0121 685 4120.