# AHP 360 video : podiatry scene one

## Podiatry assessments

>> LOUISE: Can you show me where you get the pain in your foot?

>> PATIENT: Yeah. So, it's mostly just on my leg here and then around my ankle like that.

>> LOUISE: Okay. I'm going to do some assessments. Can you bring your feet up towards you and back down towards me. Great. And relax. Bend your knee. Good. And straighten it. I'm just feeling the different joints within the foot, how they move. That all feel okay?

>> PATIENT: Yeah.

>> LOUISE: Great. Okay. Bend your feet up towards you. Good. Hold them there. And I'm going to pull against you. I'm just testing the muscles in your feet, in your legs and your feet. And relax and push me away. Great. And relax. I'm going to have a wee feel around where you're sore.

>> PATIENT: Okay.

>> LOUISE: How does that feel?

>> PATIENT: It was quite uncomfortable around my ankle.

>> LOUISE: Okay. Around here. Okay. I'm going to get you off the bed. Do you mind standing up for me?

>> PATIENT: No.

>> LOUISE: Okay. Now my hands are here for support if you need them.

>> PATIENT: Okay.

>> LOUISE: What I want you to do is stand on one leg and just try and hold your balance, ideally without holding my hands. Good. And can you slightly bend your knee and come back up? Great. Try the other side. Great. And put both feet down. Hold onto my hands now and I want you to go up onto your tiptoes and back down and go onto one leg and tiptoe up. Great. Try the other side. Great. And now I want you to stand there and I'm going to have a wee feel of your feet, okay?

>> PATIENT: Okay.