



PODIATRY FALLS PREVENTION

GEMMA HINE - PODIATRIST

PODIATRY - RISK FACTORS

Pain

- Chronic Pain
- Foot Deformity
- Skin / Toenail Pathologies
- Unsuitable Footwear

Peripheral Neuropathy

- Sensory
- Motor
- Reduced Proprioception
- Weakness
- Gait Changes

FOOTWEAR RISKS.. VS.. GOOD SHOE PHOTO

- Poor Fit
- Painful to wear
- Increased Heel Height
- Reduced Contact Area
- Slippery Soles
- Lack of Fastening



PODIATRY CAN OFFER..

Assessment

- Phone. Virtual. F2F in Clinic/Home if housebound

MSK

- Strength Exercises, Insoles, Gait analysis

Treatment and Advice

- Skin Lesions, Problematic Toenails

Footwear Advice and Provision

- Therapeutic Footwear, Orthotics Referral

PODIATRY REFERRALS

- Self Referral Form (over 60yrs) - from - Podiatry office: 01803 217712
- AHP referral form on ICON; Podiatry; how to refer.
Link: [podiatry \(torbayandsouthdevon.nhs.uk\)](https://podiatry.torbayandsouthdevon.nhs.uk)
- GP surgeries have electronic referral form
- Referral Letter to:
 - Podiatry, St Edmunds, Victoria Park Road, Torquay. TQ1 3QH
 - Email: t-sd.podappts@nhs.net