

Visting Stirling Podiatry



A podiatrist helps people with their feet and legs. I will visit them when I need help making my feet feel better.



I will visit the podiatrist at Stirling Podiatry.



I will go to the reception desk and tell them my name.



I will wait in reception until my appointment time. When it is time for my appointment the podiatrist will come and get me.



My podiatrist will be Mags.



They will ask me to come into their treatment room. There are three different rooms I might go into.



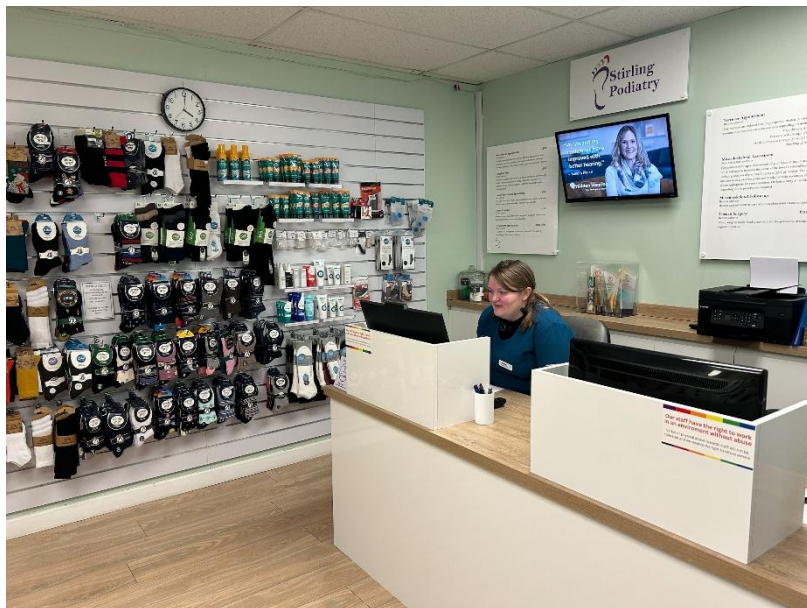
I will take off my socks and shoes to let my podiatrist see my feet. I can ask for help if I need it.



My podiatrist will ask me questions about my feet and health. I can ask for help if I'm unsure how to answer. I can bring information with me to help if I want.



My podiatrist will figure out how to help my feet. They will touch my feet and legs to move my joints and make some measurements. They may ask me to walk up and down a corridor without my shoes on while they watch me. If I don't like how this feels I can tell them this. I can ask them to stop if I want. I can ask any questions that I want.



When my podiatrist has finished my treatment, I will go back to reception and pay for my appointment. I can make another appointment if I need one.



My podiatrist may have given me instructions to follow at home such as movements or exercises to help my body.



They may suggest that I use special insoles in my shoes or look for new shoes that will help my feet. I can let them know if I don't like how the insoles feel in my shoes.



If I have questions after my visit I can contact the clinic and they will help answer the questions I have.