

## Your clinical examination and initial consultation

Our team of professional AposTherapists are here to help you on the path to reducing your pain and improving your function. Your safety and wellbeing are our first priority.

In this document we have answers to the most frequently asked questions from potential patients. If you have any questions regarding your appointment or any aspect of AposTherapy, please don't hesitate to contact us online, by phone or face-to-face whenever you need us.

### **Before your AposTherapy appointment**

Although not essential, if you feel you can reduce your pain medicines for a day before your appointment please do so. This can help greatly with your assessment. Do not, however, stop taking any other medication prescribed by your GP or consultant. Please contact us if you have any questions or concerns about this.

An AposTherapist has been assigned for your scheduled consultation. **Please note:** due to the high demand of initial appointments, we may not be able to guarantee an alternative appointment in the immediate future, should you need to reschedule.

Ahead of your consultation we would recommend watching the introductory videos to AposTherapy enclosed with this email. They provide an informative and educational insight into our treatment and how it works. You will also learn exactly what to expect at your initial consultation.

More information overleaf >

## On the day of your appointment, please bring along:

- A pair of socks
- A pair of shorts or alternative loose clothing that will allow the clinician to observe your lower limbs whilst walking
- Any previous relevant medical investigations e.g. x-rays, MRI scans
- Your usual everyday footwear (or sports shoes if related to your pain; for example if you experience pain whilst running)
- Any walking aids that you may use on a regular basis
- Your diary; so that if you are found to be clinically suitable for AposTherapy, and decide to join the treatment, your first follow-up consultation may be scheduled.

## Appointment breakdown:

- **Arrival** – When you arrive at the centre, after checking in at reception, a member of the AposTherapy team will greet you. Our experienced team will then guide you through every step of your AposTherapy assessment and focus on understanding your symptoms and needs. Your appointment with us will last approximately two hours.

- **Assessment** – We will start with questionnaires regarding your current condition and an assessment on the Gait Lab. This is a special pressure sensitive mat that measures your walking pattern. You will then have a private consultation with an AposTherapist in order to establish your medical history and symptoms. This will include a discussion, physical examination and an assessment of your walk. After discussing your specific needs and requirements with your AposTherapist, and if you decide to proceed with your AposTherapy, you will then be fitted for your own personally adjusted unique biomechanical system.
- **Joining AposTherapy** – You will be given a thorough explanation of the treatment, a personalised AposTherapy programme and your own system to take home with you. Your AposTherapist will organise your next appointment and any follow-up services that you may require.