

## **Additional Information for In-Person Initial Consultations**

To get started, simply book your in-person consultation through the website. You'll receive all the details you need ahead of your appointment, including the clinic address and any arrival information.

During the consultation, I will take a comprehensive medical and injury history, assess your movement, and observe your walking pattern (gait analysis). Based on this assessment, I'll create a personalised exercise and rehabilitation plan tailored to your specific needs and goals. I'll also guide you through footwear options and recommend any tools or supports that may help improve your comfort, movement, and long-term foot health.

### **How to Get Ready for Your Appointment**

To help us get the most out of your session, please:

- Wear comfortable clothing that you can move easily in
- Shorts and a T-shirt work best
- For female clients, shorts or leggings are ideal
- Bring your everyday shoes and trainers with you

In-person consultations allow for hands-on assessment and detailed observation, giving you clear, practical advice and a plan you can feel confident following.