

Additional Information for Virtual Initial Consultations

Virtual consultations work really well, and I've helped many clients around the world successfully improve their foot health this way.

Once you book your virtual consultation through the website, you'll receive confirmation details and a link for our online session. During the appointment, we'll chat through your history and current issues, 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 talk you through footwear choices and recommend any tools or supports that may help your recovery.

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
- Make sure you have a bit of space and good lighting so I can see you move clearly
- Have your everyday shoes and trainers close by

Photos and Videos

In some cases, I may ask you to send a few photos of your feet or a short video of you walking. This is only if we're limited by space, lighting, or camera angle during the session. I'll let you know exactly what's needed and how to do it if that comes up.

Virtual consultations are interactive, thorough, and highly effective, allowing you to receive expert assessment and advice from the comfort of your own home.