

Podiatrists specialise in the assessment, diagnosis and treatment of foot, ankle and lower limb disorders. NHS Highland Podiatry has strict criteria for accepting patients onto our waiting list.

See guidance below:

<u>NHS Highland Podiatry provides treatment for:</u>	<u>NHS Highland Podiatry does not provide treatment for:</u>
Management of foot ulceration and foot infections ➤ Treatment of ulcers and non-healing wounds ➤ Provision of foot pressure distribution devices to support healing ➤ Independent prescribing	Personal footcare Does not require specialist training and is part of daily personal hygiene. For example toenail cutting, dry skin management, minor callus reduction.
Lower limb vascular assessment ➤ Pulses, Phases and Pressures	Fungal skin and nail conditions ➤ One off advice is offered on treatment options ➤ Take fungal nail clippings (patient can do this themselves) ➤ Undertake regular maintenance of nail conditions
Toenail avulsion with or without chemical ablation ➤ Ingrown toenail ➤ Fungal nail infection ➤ Toenail dystrophy	Regular corn and callus reduction for people who are not at risk of foot ulceration
Offer preventative treatment to those people who are at risk of foot ulceration ➤ Diabetes foot assessment and care planning for moderate and high risk diabetics ➤ Reduction of pathological skin and nail ➤ Insole and orthotic provision and other foot pressure distribution devices. ➤ Footwear advice	Routine supply of orthopaedic footwear and accompanying insoles
Management of musculoskeletal foot and ankle conditions ➤ Self management advice ➤ Biomechanical assessment ➤ Exercise therapy ➤ Steroid injections ➤ Provision of insoles and orthotics ➤ Shockwave therapy	
Assessment and treatment of painful lesions ➤ Deep enucleation ➤ Verruca needling ➤ Tissue curettage	