

# Misericordia Community Hospital

## Foot Program

### Program Objectives

The Occupational Therapy Department at the Misericordia Community Hospital and Health Centre offers a Foot Program for people in the community which addresses prevention as well as meeting acute needs. Our goal is to provide treatment which promotes healthy feet, as we believe this impacts on the health of the entire person.

Some of the specific conditions treated are:

- o Plantar fasciitis
- o Heel spurs
- o Collapsed transverse and/or longitudinal arches
- o Lower back pain
- o Hip/knee pain
- o Achilles tendonitis
- o Post-bunionectomy surgery management
- o Metatarsalgia
- o Minor limb length discrepancies
- o Arthritic concerns

### Outline of the Program

This program begins with an assessment:

- o existing footwear
- o foot/leg biomechanical evaluation
- o assessment of foot range of motion
- o strength
- o sensation
- o bony deformities
- o edema
- o lifestyle assessment

Progress records are maintained of treatment sessions.

## **Methods of intervention include:**

- o computerized gait analysis
- o splint/orthotic management (sansplint arch support, Biothotics, FootMaxx)
- o range of motion/strengthening exercise program
- o teaching in appropriate footwear and foot care
- o providing a program to manage pain/edema
- o teaching the specific foot condition of concern
- o compression garments

Costs are very competitive with the client paying for the materials used in treatment i. e. orthotics  
Patient follow-up is encouraged as necessary.

## **Resources available**

The program is located in a well established, accessible health service delivery site in Edmonton's west end.

The Misericordia Community Hospital is well equipped and this program has been successfully running for several years.

The Foot Program's services are offered by experienced, provincially registered Occupational Therapists who have taken advanced courses in Foot care and Foot Biomechanics.

A referral for these services is currently required. Appointment times are available 5 days a week from 0800 to 1530.

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