Predict treatment outcomes: Session 4 Worksheet

Offloading inflamed tissues by altering the forces is an important skillset. As is changing the forces to improve long-term function and address compensatory adaptations.

Using plantar pressure analysis you can measure and predict the efficacy of a proposed treatment strategy. Through this process, you will gain a higher level of confidence of successful outcomes which will, in turn, give more confidence to your patients. This can achieve greater patient commitment to your treatment, which means more compliance in areas of their responsibility, (e.g. exercises) and participation in their treatment plan.

For those who haven't yet got access to plantar pressure equipment, consider how your interventions will affect the function as well as change the pressure mapping under the foot. You can do this by noting visual changes such as early heel lift, a change in step or stride length or more supination or pronation.

You can use the template below to note the effect of your intervention. The first three are example corrections. There are also a couple of example notes of what might be observed. Start by trialling the effect of the corrections on people you know and see the difference in the features of the pressure mapping. Then try it out on your patients. As with everything, practice makes perfect!

CORRECTION	LEFT FOOT NOTES	RIGHT FOOT NOTES
1. Arch Support taping L/Foot	Eg: Improvement in Windlass	
2. Arch and foot taping R/Foot		Eg: Some improvement in CoP only
3. Add to the above R/Foot correction Medial column support		
4.		
5.		