# AHP 360 video : podiatry scene three

**Podiatry treatments**

>> LOUISE: If you want to step on them and you can hold on to me. Great. I'm just going to have a feel. Lovely, and step off them. Okay.

>> LOUISE: I've also got a wee exercise ball for you to try. So, if I put that on the ground, can you try and pick that up with your toes? Great. And then bring it back down so you can practice that at home.

>> PATIENT: Yeah.

>> LOUISE: And have a seat on the bed. So, we also need to do some exercises. We need to make your leg muscles stronger. So, by doing this, we'll wrap it round and we'll put a little stretch on it. And what I want you to do is pull this foot out. Good hold. And then relax and push out again. Hold and relax. Can you feel that working?

>> PATIENT: Yeah.

>> LOUISE: Yeah? Okay. So, I'll give this to you to take home.

>> PATIENT: Okay. Thank You.

>> LOUISE: And we discussed shockwave therapy.

>> PATIENT: Yeah.

>> LOUISE: And you've, you've seen the leaflet. Are you happy to go ahead?

>> PATIENT: Yeah.

>> LOUISE: Yeah? Great. Okay. Ready?

>> PATIENT: Yeah.

>> LOUISE: Are you okay?

>> PATIENT: Yeah.