

# ADAM SMITH

## PODIATRY & HEALTHCARE

So, I've been meaning to post this for ages but never seem to make the time...now, as I'm about to have pancakes and a chocolate milkshake for breakfast, now is the time!

Earlier this year, a lady came to the clinic with mononeuritis multiplex. She had a calliper on her left leg and required two walking sticks for ambulation, having suffered sudden onset symptoms to the lower limb (no apparent relation to injury or trauma).

On assessment she had:

- No monofilament or VibraTip sensation on the lateral leg from below the knee
- No dorsiflexion (hence calliper) or lateral/medial movement at ankle
- Limited ability to flex the knee but no strength to resist the movement.
- Mild sciatica due to hip instability and poor hip flexion.
- She was also a bit overweight

I opted to treat with orthotics (Sidas Outdoor), to stabilise the foot, combined with MLS<sup>®</sup> Therapeutic Laser therapy. I saw her twice weekly for four sessions, followed by weekly

for three sessions, then every two weeks for two sessions and now monthly, using the following protocols:

- Standard handpiece in scan mode along the sural and branches of the common peroneal nerve (brachial neuralgia setting).
- Multidiode applicator over posterior knee, sciatic nerve (brachial neuralgia setting) and lower back (sciatica setting).
- 6 minutes per nerve/area

Three days after the second appointment she had some feeling in the sole of her foot. By the third appointment, a week after her first visit, she had more strength on lateral and medial ankle movements to resistance and only required one walking stick! By the end of the seventh session she wasn't using her calliper, her strength had improved further and could balance unaided.

She is still without her calliper and walking aids, her balance is good and she has feeling, albeit limited, in the limb and foot. A great outcome.

**Adam Smith**

**BSc (Hons) Podiatry (Qualified 2009); MRCPod; Certificate in Applied Lower Limb Anatomy; Certificate in Soft Tissue Mobilisation; Certificates in Joint Mobilisation and Manipulation; SWIFT Certified; Medical and Electro Acupuncturist**