

# Information for Patients attending WestMARC: Gait Analysis Service (children and adults)

## Arrival at Clinic

The Gait Analysis Service is in the WestMARC building, on the QEUH Campus. Please show the appointment letter to reception staff upon arrival so they can advise the clinical team you are here. One of the clinical team will greet you in reception and direct you to the gait lab.

## What to Expect

The session can last up to 2½ hours. It involves a complete assessment of how the patient walks and measuring any impairments that make walking difficult.

## What to Bring

- Appointment letter and consent form
- Any walking aids (e.g. splints, k-walker, crutches)
- Appropriate clothing (see below)
- Any questions you may have (you may want to write these down)
- Mobile devices, games, etc.

## What to Wear

During gait analysis it is important we see as much of the patient's body as possible. This helps us see how the musculoskeletal system moves while they walk, and if we do 3D analysis it helps us stick markers in the correct places. Please bring:

- **Shorts**, preferably tight-fitting.
- **T-shirt or vest**, preferably tight-fitting.

We realise that some children may not be comfortable with this attire – this is OK and will not preclude them from gait analysis.

## During the Appointment

Gait lab appointments usually involve the following stages:

1. Short discussion about walking function
2. Physical examination
3. Gait analysis in various conditions as appropriate (e.g. barefoot, wearing shoes, with/without walking aids)

After the appointment a comprehensive report is compiled and circulated to all relevant healthcare professionals involved in the patient's care.

## Physical Examination

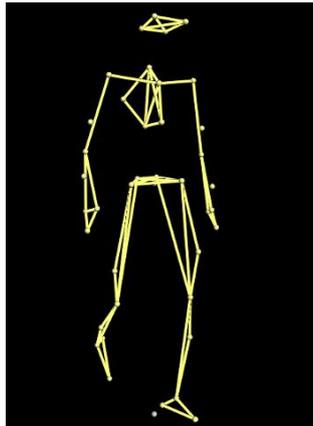
The purpose is to assess the patient's lower limbs, looking at joint range of motion, muscle strength, selective motor control and spasticity (if appropriate). This involves lying patiently on the plinth and following basic instructions while the team carry out some basic physical tests. Some young children find this quite boring so you may wish to bring mobile devices, games or toys to keep them occupied.

## Gait Analysis

This involves the patient walking up and down the lab while we record their walking. It is important they walk as they would usually so it is an accurate recording of how they walk in everyday circumstances. We use digital video cameras and we sometimes also use 3D motion analysis which involves sticking small reflective markers on the feet, legs and pelvis (and sometimes the upper body too when analysing adults):



As the patient walks up and down the lab cameras will record their motion. This gives us detailed data on how they walk and allow us to create a 3D stick figure:



The use of 3D motion analysis will be determined by the referral and whether the patient is likely to comply on the day. Often video data alone is sufficient to complete the gait assessment so 3D data is not always necessary. If used, reflective markers are placed on the surface of the skin using double-sided hypoallergenic tape.

### **Appointment Changes**

**To cancel or change the appointment please contact us on 0300 790 0129.** This is important as it may enable us to offer your appointment to another patient. Please do not attend if you think you may have

flu or diarrhoea and vomiting. You must be clear of any symptoms for 48 hours before attending your appointment.

### **Help with Specific Needs**

If you require assistance with any of the following then please let us know:

- Sight, hearing or require an interpreter
- Mobility or specialised equipment

### **Travelling to WestMARC**

#### **Public Transport**

For public transport information please contact Traveline on **0871 200 2233** or visit [www.travelinescotland.com](http://www.travelinescotland.com).

#### **Ambulance Transport**

If you are eligible for ambulance transport please contact the Scottish Ambulance Service on **0300 123 1236** to arrange this.

#### **Car Parking**

Car parking is free and disabled parking bays are available although there is a 4 hour maximum stay in operation.

#### **Café**

Unfortunately WestMARC currently has no café facilities, although there are vending machines. You are welcome to bring your own food and drink with you.

#### **Courtesy to Staff**

At your appointment you can expect staff to treat you with dignity and respect. Equally our staff expect the same.

#### **Student Teaching**

An important part of work in WestMARC is the teaching and training of students. You have a right to decide whether or not to take part in student teaching, you will be asked about this before the appointment.

## Comments & Suggestions

WestMARC works with Care Opinion, an anonymous not for profit feedback platform, where you can share your story on the care you received in a way that is simple and safe and leads to learning and change. Please share your experiences of UK health services, good or bad.

Log on to the website at:

<http://www.careopinion.org.uk>

Telephone: 0800 122 3135

## Complaints

We hope you won't need to raise concerns about any aspect of our service but if you are dissatisfied please ask to speak to a senior member of staff who will try and resolve the issue. Should you still then wish to raise a complaint they will help direct you to the Complaints Manager.

## CMAS

Our gait lab is a member of the Clinical Movement Analysis Society of UK and Ireland (CMAS):

<http://www.cmasuki.org/>

## Confidentiality of Health Information

All members of staff are legally bound by the NHS Code of Practice on Protecting Patient Confidentiality. For more information about how we protect your health information or access your health records, please write to Information Governance Manager, Western Infirmary or email

[data.protection@ggc.scot.nhs.uk](mailto:data.protection@ggc.scot.nhs.uk)

## No Smoking:

In line with government legislation smoking is not permitted inside public buildings. NHS Greater Glasgow and Clyde has a Smokefree Policy which means no smoking in any NHS building, entrance, doorway or car park. You can use e-cigarettes in hospital grounds but **not** within

buildings, around main entrances and doorways.

## Contact Details

### Address:

WestMARC, Queen Elizabeth University Hospital Campus, 1345 Govan Road, Glasgow. G51 4TF

### Opening hours:

Monday to Friday 8.30am to 4.30pm

Telephone Number: 0300 790 0129 (Monday to Friday: 8.45am to 4.15pm)

### E-mail Address:

[ggc.westmarc@nhs.scot](mailto:ggc.westmarc@nhs.scot)

### Website Address:

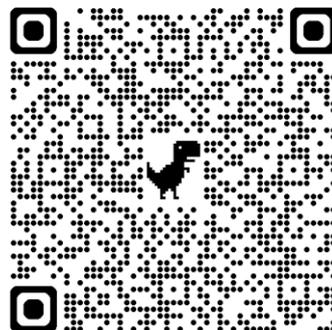
<https://www.rightdecisions.scot.nhs.uk/ggc-westmarc/gait-lab-glasgow-clinical-gait-analysis-service/>

## Our Shared Values

- We will treat everyone with dignity and respect
- We will take responsibility to do our jobs well
- We will demonstrate our commitment to quality
- We will work effectively with others in teams
- We will display a 'can do' attitude at every opportunity

## Gait lab video and website:

Please scan the QR code below to view a video of the gait lab process with one of our young patients:



Alternatively visit our website:

<https://www.rightdecisions.scot.nhs.uk/ggc-westmarc/gait-lab-glasgow-clinical-gait-analysis-service/>