

For your convenience we have provided this list of orthopaedic procedures and the most suitable items of attire for all examinations

Men

Hand and elbow...Please wear short sleeve shirt **Shoulder**...Any type of shirt is okay. I will ask you to remove it during the consultation

Spine...Any type of shirt is okay. I will ask you to remove it if needed during the consultation. Please wear shorts as I will often need to examine your legs. **Hip**...Please wear shorts.

Knees...I need to see most of your thigh during the examination. Please wear shorts. If you wear long trousers, I will ask you to remove them.

Feet...I will need you to remove your shoes. Shorts are best but long trousers are acceptable if they are relatively loose and can be easily rolled up to the knee.

Women

Hand and elbow...Please wear something with short sleeves.

Shoulder...The best thing is a sleeveless top. Please avoid long sleeve blouses as I will need you to remove it to adequately examine your shoulder. Sometimes we can get by with a short sleeve top but a sleeveless top is the best option. We recommend that you bring a jacket or cardigan if you are susceptible to the cold.

Spine...The best option is a blouse and skirt or pants that are not too long, culottes of knee length are okay

Hips...A skirt, shorts or culottes that are no longer than knee length.

Knees...The easiest is a skirt that is not too long, though shorts are also okay. I will need to see most of your thigh during the consultation. Please avoid long pants.

Feet...Please wear shorts or a skirt that is not too long. I need to be able to examine you from the knees down and I will also need to ask you to remove your shoes.