

Podiatrists are university qualified health professionals trained to treat conditions affecting the foot and lower leg.

You do not need a doctor's referral to see a podiatrist however, if you have a chronic condition requiring regular foot care, a referral from your doctor can entitle you to claim treatment through Medicare.

The following is a list of general conditions treated by a podiatrist.

General nail and callus/corn care – Many people are unable to look after their feet which can lead to ongoing foot pain. Podiatrists can provide regular nail trimming and callus/corn debridement to relieve pain and maintain good foot health.

Diabetes (Type 1 and 2) – Diabetics are at a greater risk of developing wounds on their feet due to the effect of high blood glucose levels. Maintaining good foot hygiene and getting in the habit of checking your feet can help prevent foot injury. Podiatrists work to prevent diabetic injury by initially assessing the condition of your feet (sensory, vascular and foot loading assessments) and by providing general foot care (nail and callus/corn treatment). General foot hygiene and home foot care advice is also offered. If an ulcer has developed on the foot, the podiatrist will work in conjunction with your doctor to heal the wound and prevent its return.

Ingrowing nails – Podiatrists offer surgical and non-surgical treatments for ingrowing nails. The offending nail edge can be trimmed away for immediate relief without the need for surgery. You can return for similar treatment if the pain returns in the future. Alternatively, the podiatrist can remove the nail edge permanently under local anaesthetic.

General leg and foot pain – Chronic foot pain, especially in the heel is one of the most common complaints seen by podiatrists. An accurate diagnosis of the cause of the pain is the key to successful treatment. Podiatrists, having specific knowledge of the foot and leg, are in a unique position to diagnose the cause of your pain and offer treatment. This includes;

- muscle pain caused by overuse or poor foot function,
- nerve pain into the foot caused by local impingement or referrer from the hip or back
- bone injury (e.g. stress fractures).

If the podiatrist is unable to treat your condition, they will refer you to the appropriate health professional.

Sports injuries – This can include acute and chronic injuries. A range of treatments are used including gait analysis, reconditioning programs (strengthening, stretching, balance exercises), shoe assessment and orthotic therapy to optimise recovery and prevent re-injury.

Orthotic therapies – Orthotics modify the way the foot loads during gait and in doing so are used to reduce excessive motion in the foot, prevent future injury and act as a platform for deflective therapies. They can be made from soft or hard materials and be pre-formed or custom made from a cast of your foot. The material and type of orthotic used is determined by the condition being treated. Orthotics can be used for a short period to assist in healing or for the long term to prevent injury.

Chris Ingram makes his own orthotics allowing for a more personalised fit and increased treatment success. Orthotics are only prescribed if they are required to treat the condition.

Children’s feet – A child’s foot is in a constant state of development. It is important to allow the foot to develop normally and intervene when the potential for injury exists. Pain caused by the overuse of developing muscles and bones is a common complaint treated by podiatrists. Exercises, shoe advice and orthotics are common treatments used to resolve these conditions. Many painful childhood conditions settle as the child grows and the podiatrist can distinguish these “growing pains” from more serious complaints.

Chris Ingram Podiatry was established in 1994 and has been providing general podiatry services in the Maroochydore and Coolum areas. Chris Ingram will now be providing podiatry services from rooms at ‘Medicine on Second’.

COSTS

<u>Initial consult</u>	<u>Follow up consult</u>	<u>Home Visit</u>
Non Pensioner - \$65.00	Non Pensioner - \$50.00	Pensioner - \$50.00
Pensioner - \$55.00	Pensioner - \$40.00	

Eftpos payment options are available and your medical fund rebate can be processed at the time of payment. Veterans’ Affairs patients and Medicare referrals are welcome. Medicare visits are bulk billed. Pensioner discounts are available.

Appointments are available on Wednesday’s from 8.30am to 5.00pm.

Appointments are for half an hour.

Appointments can be made by ringing ‘Medicine on Second’ on 54439455 during business hours.