



Podiatry

Podiatry is the first logical step for any foot complaint!

Podiatry strives to improve the health and wellbeing of people by focusing on the health of their feet, ankles and the lower leg. Podiatrists are trained to deal with the prevention, diagnosis, treatment and rehabilitation of foot and lower limb conditions.

Services

The podiatrists at Merri Community Health Services provide the following services to people of all ages:

- Education and information regarding foot care and footwear
- Treatment of various foot conditions, which include skin and nail problems
- Minor surgery under to treat ingrown toenails
- Assess whether problems exist in the feet and lower leg during motion
- Issue of specialised insoles such as orthoses, which can assist in correcting or accommodating foot imbalances
- Assessment and management of children's foot problems

The initial podiatry appointment involves consideration of the client's presenting foot complaint and their general medical history. This assessment consequently determines the overall management plan for the client. Education, self management techniques and preventative measures are an integral part of the podiatry consultation.

Foot care tips!

- Feet are not supposed to hurt. Don't ignore it!
- Inspect your feet regularly – note changes in the colour and thickness or discolouration of nails and for cracks and cuts in the skin
- Keep your feet clean and dry. Ensure particular attention is paid to between the toes. Moisture can be trapped here and be a reservoir for infection
- Keep your nails at an appropriate length – a large amount of foot problems arise from toe nails
- Select the right shoe for your foot type and activity
- Avoid wearing the same pair of shoes every day
- Use a moisturiser to maintain the health of the skin on your feet
- If you have diabetes it is essential that you see a podiatrist a least once a year for a thorough foot check.

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