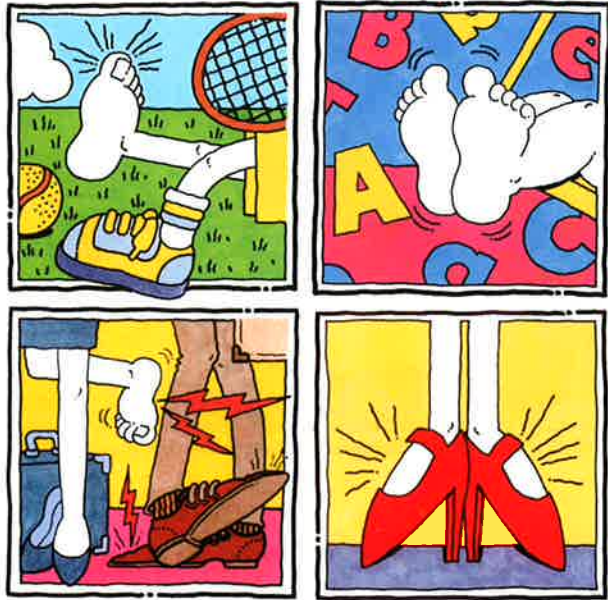
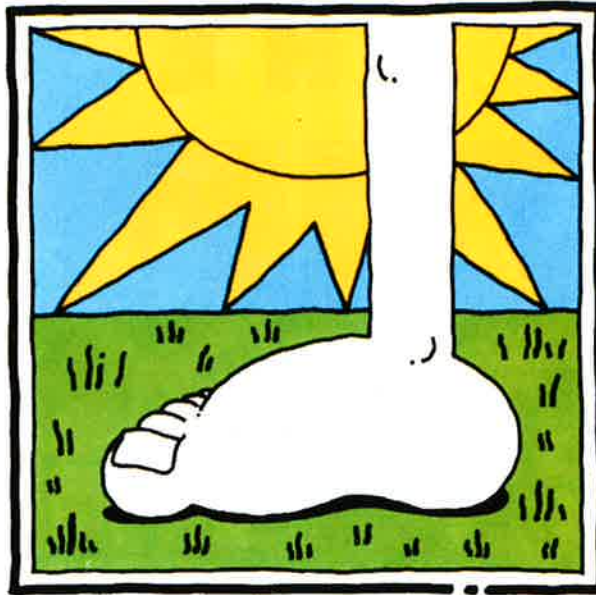


THE



Foot Clinic

CANBERRA'S FAMILY & SPORTS
PODIATRY CENTRE



What is The Foot Clinic?

The Foot Clinic is a specialised clinic where Podiatrists, diagnose and treat specific foot and lower

limb conditions. They also advise on how to prevent future foot problems occurring.

The Foot Clinic can help:

*Foot pain
arch or ankle pain
bunions
tired feet & legs
achilles tendinitis
chronic knee pain
arthritis, diabetes
shin splints
sore knees
knee pain
flat feet
low back pain
heel pain
growing pains
foot stress fractures
metatarsalgia
plantar fasciitis
knock knees, pigeon toes*

At The Foot Clinic the focus is on Family and Sports Podiatry. The Clinic cares for everyone, from children to the elderly, sports enthusiasts, athletes and those who have a specific medical problem, such as poor circulation, diabetes or arthritis.



Do you have?...

Sporty Feet

Young or old, professional or non professional, at The Foot Clinic we have a strong focus on sports medicine and are familiar with the wide range of lower limb overuse injuries associated with individual sporting activities.

Our experienced practitioners have provided services to athletes at both Olympic and Commonwealth Games as well as to our local Academy athletes.

The use of high speed video cameras and specialised pressure sensing software enables a more specific gait analysis to be undertaken. Measuring joint alignment, testing muscle strength and evaluating your footwear assists us to design an individual treatment program for you.

High Mileage Mature Feet

Worn out and tired feet? Evaluating how your feet work can help us determine the features you require in a shoe. Knowing what to look for when purchasing



shoes can short cut the selection process and ensure you get a shoe that suits your foot.

Kids Feet

Children and babies feet matter too. Growing pains, knock knees, pigeon toes, wearing shoes out fast, frequent tripping, tired legs and curly toes. An early examination of growing feet can be the key to the prevention of further problems developing.

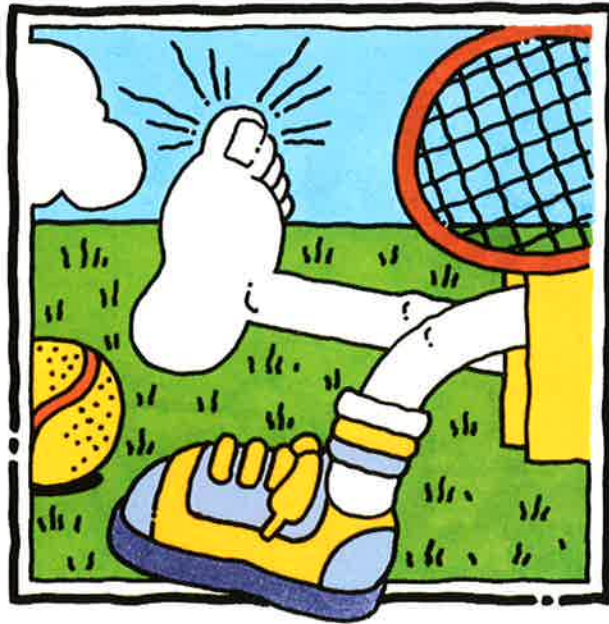
Highly Stressed Feet

Diabetes, arthritis, congenital abnormalities, missing toes, poor circulation, numbness. All these conditions can stress feet out to the maximum. Knowing how these conditions affect your feet allows better foot health management. We can advise you how best to care for your specific condition.

Did you know...

Normal feet take 7000 steps each day? With our focus on prevention at

The Foot Clinic,
a foot function assessment will ensure that you can continue to depend on these feet for mobility.



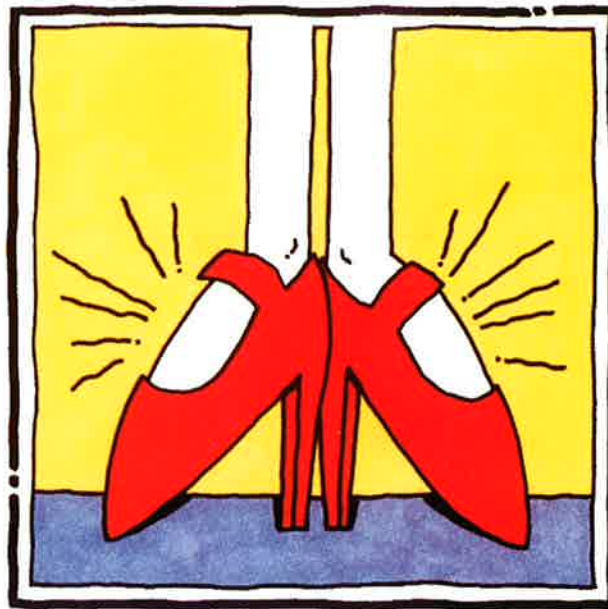
Paediatrics

Assessment of foot function, treatment and advice at an early age, may prevent the development of more complex foot and leg problems later in life. Early intervention is what sees the greatest results with children and babies.

Don't wait for your kids to grow out of their foot problems – not all do.

Shoe Evaluation and Advice

Abnormal shoe wear may indicate abnormal foot function. At The Foot Clinic we can provide you with an evaluation of your current footwear. Being able to select an appropriate shoe for your foot type can prevent injuries and increase your foot comfort. We can show you how to select a shoe that fits your foot type.



What do we do all day with feet?

Foot Function Assessment (How your feet work)

Through our assessment procedures we can identify abnormalities and joint alignment problems in the feet, knees and hips. Highly specialised gait analysis equipment allows more specific identification of the problems that relate to poor foot function. We will show you the specific features of your foot type first hand. Individual treatment programs are formulated to assist and even prevent injuries and deformities from occurring.

Prescription Orthotics

Potentially damaging forces of the foot and leg can be reduced with the use of prescription orthotics (shoe inserts). Your feet are like no one else's and that's why your orthotics need to be custom made and individually prescribed.

***Ask about our
personalised
footwear
prescription.***



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Our Commitment

Is to provide you with consistent
high quality podiatric care.

We aim to exceed your
expectations and give you
value for money.

By continually advancing our skills
we aim to be able to identify and
effectively treat your foot problem.

Most importantly, we will keep
you informed and involved in the
management of your foot health.

Do you suffer from

Foot pain
arch or ankle pain
bunions
tired feet & legs
achilles tendinitis
chronic knee pain
arthritis, diabetes
shin splints
sore knees
knee pain
flat feet
low back pain
heel pain
growing pains
foot stress fractures
metatarsalgia
plantar fasciitis
knock knees, pigeon toes

We can help!

Hours

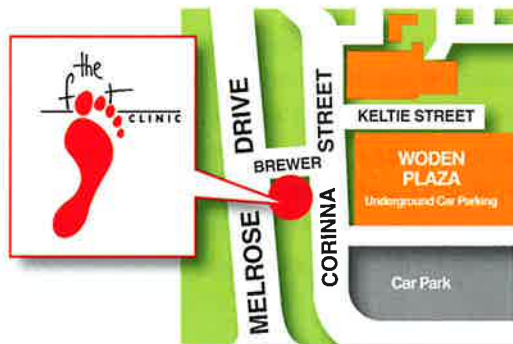
Our practice operates extended hours, offering appointments outside regular hours.

Referrals

No referral is necessary and treatment costs may be claimable through private health insurance.

Location

Suite 18, Corinna Chambers
36-38 Corinna Street, Woden ACT 2606



Ph: 02 6282 5466

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email: info@thefootclinic.com.au