

# Podiatry



## WHAT IS PODIATRY?

Our team of professional, experienced and caring Podiatrists are here to help you with all of your foot, ankle and lower limb related concerns.

Podiatry management can also be beneficial as part of the overall management of other lower limb concerns. Often that means working alongside other health practitioners, in particular the Physiotherapists & Exercise Physiologists here at Gen Health.

Your foot concern may be:

Heel pain, shin splints, arch or achilles pain

Bunion management, forefoot or arthritic pain

Footwear management including extra depth shoes,

Running shoe recommendations

Stress fractures

Post-surgery care

Surgical removal of in-grown toenails

Children's foot assessment and posture analysis

Running technique, plans & efficiency

Diabetes foot care and education

Managing neuropathy

Skin and nail conditions

Fungal toenail management

Plantar warts, cracked heels, corns & calluses.

# Specialised Podiatry Services

## Specialist shoe store

Our podiatry team work closely with our in clinic Retail Shoe Shop, Active Feet Hamilton, who can help you find your next pair of shoes!

## Prolotherapy

Therapy injections suitable for chronic ankle injuries, ankle osteoarthritis, painful knee osteoarthritis, Patellofemoral pain syndrome, chronic plantar fasciitis & Achilles Tendinopathy.

## Endorsed Podiatry

Endorsed Podiatrist Stephanie Lamont can prescribe some scheduled medications and complete ultrasound guided corticosteroid injections.

## Ultrasound Guided Corticosteroid Injections

Corticosteroid or 'cortisone' injections involve injecting anti-inflammatory medication and local anaesthetic into injured joints or soft tissue such as the ankle, lower leg or foot. Conditions it can help with include: plantar fasciitis, achilles tendinopathy, ankle, osteoarthritis, bursitis, rheumatoid arthritis and morton's neuroma.

## Shockwave Therapy

Shockwave Therapy uses high energy shockwaves from a probe held against the skin. It is widely used to treat a number of soft tissue injuries and conditions including, Plantar Fasciitis, Achilles Tendinopathy & Gluteal Tendinopathy



(03) 5571 9923

[www.genhealthhamilton.com.au](http://www.genhealthhamilton.com.au)

[admin@genhealthhamilton.com.au](mailto:admin@genhealthhamilton.com.au)