

HOW YOUR **PODIATRIST** CAN HELP YOU

Podiatrists are the experts in all aspects of the foot and ankle. They are highly skilled health professionals who have been trained to prevent, diagnose, treat and rehabilitate abnormal conditions of the feet, ankles and lower limbs. They also prevent and correct foot deformities, relieve pain, treat infections and keep people mobile and active.

Podiatrists can help people keep on top of their foot health throughout their life...



FROM BIRTH

Podiatrists can assist with a number of foot health problems in children, including addressing concerns around walking patterns



THROUGH ADULTHOOD

Regular foot health checks will identify any emerging problems and help keep people active and healthy



TO OLD AGE

Podiatrists can assist older people in a variety of ways, including helping to prevent falls

PODIATRISTS CAN HELP WITH A MULTITUDE OF HEALTH PROBLEMS, INCLUDING...



DIABETES

Foot health is especially important for people with diabetes, as the condition can reduce the blood and nerve supplies to the feet. This can mean foot injuries do not heal quickly, and foot wounds may go unnoticed. People with diabetes must have a foot health check at least once a year.



RHEUMATOID ARTHRITIS AND OSTEOARTRITIS



FOOT PAIN



SPORTING INJURIES



WOUND CARE



FOOT SURGERY



FOOTWEAR ADVICE



VASCULAR DISEASE



DERMATOLOGY (SKIN CONDITIONS)



If your feet hurt, something is wrong. It is recommended that you visit an HCPC registered podiatrist, who will advise you on the best course of treatment. You can also prevent foot problems before they occur by visiting a local podiatrist for regular foot health checks and advice on how to keep your feet healthy.