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Lower Leg and Ankle Conditions

Do you encounter ankle pain? Believe it or not, your ankle is the most commonly injured joint of the lower leg and foot area.

It's a fact of life, your ankle is a complex joint and upon every step it must absorb several times your body weight...making it susceptible to ongoing, chronic overuse problems. Furthermore, the ankle is the most commonly injured joint of the lower extremity. The most common injury is a sprain or rupturing of the ankle, but it is also prone to fractures, tendonitis, nerve problems and other injuries.

Feet and Arthritis

Discover information for treating foot arthritis, orthotic therapy and home treatments.

Have you ever asked yourself...do I have arthritis in my feet? You may well have! Arthritis is described as damage or inflammation of a joint and can affect any joint in your body. Your feet are especially prone to develop arthritis due to each foot having 33 joints and they take a great amount of pressure every day. Your symptoms could include aching or generalised pain in one joint or an entire area of your ankle or foot.

Knee, Hip and Back Pain

If you're looking for solutions for your back, knee and hip pain including treatment options we have the right orthotic therapy for you.

Have you experienced, chronic or lingering pain in the knees, hips, lower back, neck and shoulders that is not responding to traditional treatment. If you are experiencing ongoing pain in the above areas, the pain you are experiencing may be related to the way your feet function. The knees, hips and back are regions of your body, more often affected by abnormalities in the foot and lower leg mechanics or asymmetry in your gait.

Pain in Ball of Foot

You'll be glad to know, we're often very successful in conservatively treating the ball of foot pain.

Now you have a solution to pain in the ball of your foot. There can be a range of common foot conditions that will cause pain in the ball of the foot. At the Essendon Podiatry Clinic, our friendly practitioners are specialists in treating of ball of foot pain conservatively. Surgery can usually be avoided with conservative therapy.

Big Toe and Bunion Conditions

If you're serious about getting expert advice for big toe conditions and better treatment options including self-care look no further.

We're sure you will agree; the big toe joint is an incredibly complex structure and there are many conditions that can cause joint pain. Your friendly practitioners at the Essendon Podiatry Clinic are experts at recognising and treating all problems in relation to the big toe joints including arthritis, bunions and other related injuries.

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Your Children's Feet

It's never too early to protect the development of your children's feet. Essendon Podiatry Clinic has solution to a variety of lower leg and ankle problems in children and adolescence.

Your children's feet aren't the same as adult feet. Their function and developmental stages are unique. Unlike eyes and teeth, foot health in children is often overlooked. This can lead to other problems that stem from problems in the feet and is commonly related to pain in the legs and back.

One of our primary specialties is foot problems in children. We love helping children with their foot function and development and we are mindful of making their visit to our clinic happy, easy and most importantly a pain free experience.

Do You Have Flat Feet?

If you are looking for the best solution for the treatment of flat feet you're in good hands. Our specialist practitioners are expert in the treatment of problems that arise from flat feet.

You'll get professional results at the Essendon Podiatry Clinic. Our practitioners are specialists in the treatment of flat feet and endeavour to help eliminate any pain you are experiencing in relation to this condition. Our practitioners are known as experts in the treatment of flat feet and always use the most innovative and conservative treatments possible.

Fungal Toenails

Today you have a wide variety of treatments for fungal toenails. Visit our advanced laser therapy page and discover the latest innovation in treating fungal toenails.

It's no surprise in today's amount of information available you may find many misleading articles on the treatment of fungal toenails. Indeed, it can be very frustrating just trying to find any information to make an informed decision.

That's why here at the Essendon Podiatry Clinic we have invested in the latest non-invasive laser technology specifically designed for the treatment of fungal toenails. The optimum outcome will depend on the underlying origin or cause of your nail condition. Additionally, patient health and preferred treatment choice is covered in the consultation.

Treatment for Hammer Toes

When you're looking for results for a pain free solution to hammer toe pain, Essendon Podiatry Clinic provides non-invasive treatment for hammertoes.

Hammertoe is described as an abnormality of one or more toes where the joints are permanently buckled downward. They may be stiff or flexible, and can occur on any toe. Hammertoes are prevalent when there is an irregularity in foot function which can cause tendons and ligaments to tighten. Consequently, pain from hammertoes occurs when prominent portions of the toes rub on shoes and this causes inflammation, corns and the possibility of ulceration.

Heal Pain

Are you suffering from heal pain? Essendon Podiatry Clinic specialise in the treatment of heal pain relating to plantar fasciitis and other heel pain conditions.

Pain in the arches and heels are the most common issues treated at our clinic. Plantar Fasciitis is the result of inflammation of the ligament attached to your heel and running to the ball or your foot. Plantar Fasciitis is caused by overuse of the ligament or abnormal foot structure and improper shoes. You may experience pain on the inside or bottom of the heel when standing and you may experience severe pain when you are standing in the morning.

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So, remember it's vitally important to contact your podiatrist immediately as this condition will gradually worsen without professional treatment.

Feet and Ankle Injuries

Do you require treatment for trauma and acute injuries to the foot and ankle, including sprains and fractures?

We're sure you'll agree; fractures or broken bones are common injuries of the foot and ankle. Your feet and ankles rarely get any real rest, so it's important to have any fractured or broken bones of the foot and ankle treated as soon as possible. If you have injured your foot or ankle area and suspect you have a fracture or broken bone, call us today to arrange an appointment.

Obesity

Being over-weight increases the pressure on your feet. Our specialists will assess how you walk and measure the excess force on your feet and create a solution to treat your foot pain.

It's no secret...More Australians are getting heavier and they are crushing their feet in the process. Studies have clearly shown that foot and ankle pain is directly related to an individual's weight gain. People with a high BMI have are significantly at risk of foot and ankle problems. If you are experiencing foot or ankle pain we can help you to alleviate your pain, increasing your ability to exercise and reduce excess body weight.

Other Foot Problems

Your foot treatment explained including but not limited to: Numb feet, Pregnancy, Drop foot, High Arches and much more.

Ongoing foot and ankle pain has a negative effect on a person's life and can place restrictions on your enjoyment, even when engaged in the simplest activities such as walking or moving around in your workplace. Serious conditions will require an assessment from a practitioner skilled in the field of podiatry. Many foot and ankle conditions can be treated from home although you should consult with your podiatrist before you consider any over the counter solutions.

Skin Conditions

Discover your treatment options for Cracked Heels, Corns, Calluses, Blisters and Athlete's Foot and more.

You've probably noticed that skin problems are difficult to treat and when it comes to skin problems you automatically think of the torso or the face. Indeed, some skin conditions of the foot can be mostly cosmetic in nature and may not be serious, and yet other less noticeable skin conditions can be much more painful and over time develop into a serious condition.

Fortunately, the Essendon Podiatry Clinic has the treatment you're looking for, to prevent a minor skin problem from worsening into a major health problem. Contact us today to make an appoint and one of our friendly practitioners will be able to provide a suitable long term solution.

Tendonitis Pain

Are you experiencing Achilles tendon pain? Achilles tendon pain should be treated as soon as possible. Left untreated, the Achilles tendon can become thickened and scarred.

Do you need to see a specialist? Do not treat Achilles tendonitis yourself...see a Podiatrist or a sports medicine foot and ankle specialist who is experienced in treating Achilles tendon injuries as soon as possible. Achilles tendinosis and very sore Achilles can be very difficult to treat and although we

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provide advice on home treatments for Achilles tendon problems, they should only be used if you are waiting to see a specialist.

Toe Nail Conditions

Toenail and foot conditions are indicative of an individual's overall health. Learn about our information on toenail conditions including treatment options for fungal nails.

If you're like most people, you probably take your toenails and feet for granted. For most of the day they are in shoes and socks which are out of sight out of mind. Although, you may not know that toenail conditions can indicate a lot more than just the toenail itself. Your toenails can point to the presence of an undiagnosed disease or any underlying issues such as psoriasis or anaemia.

We all lead busy lives and it can be easy to forget that our toenails are an indicator of overall health. If you have any signs of fungal nail or other conditions relating to the foot or lower leg contact our friendly staff here at the Essendon Podiatry Clinic.

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