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Bio Mechanics Gait Analysis

Experience the difference with advanced biomechanics. Resolve your foot problems with the latest technology in advanced biomechanics.

Gait analysis is a critical factor in determining the underlying cause of many foot and lower leg conditions. In fact, many foot and ankle problems are successfully treated by addressing the mechanical function. At the Essendon Podiatry Clinic, our qualified practitioners provide patients with advice on the best solution available. Biomechanical care includes a wide range of orthotic devices, exercises, shoe modifications, shoes, physical therapy or other modalities.

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.

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.

Ingrown Toenails

Why seek treatment for Ingrown Toenails? If you have Ingrown toenails it can be very painful. In fact, if you don't seek treatment you could suffer from serious infection.

It's a fact, ingrown toenails are very painful and will result in inflammation and infection. Ingrown toenails can occur in irregular nail shape, nail cutting technique, trauma or infection to the nail. You'll be glad to know; ingrown toenails resolve very quickly after the infected ingrown portion of the nail is removed. If you are experiencing pain due to an ingrown toenail, please contact the Essendon Podiatry Clinic and make an appointment.

Diagnostics

Take advantage of our unique range of diagnostic services. We offer diagnostic services including: Gait Analysis, Ultrasounds and X-rays.

To better identify any conditions and for the benefit of our patients we provide X-ray, Ultrasound and a gait analysis system. To diagnose your condition, you may need to undergo a combination of X-ray, Ultrasound and Gait Analysis for the right solution for your condition. If you would like to find out more about our diagnostic capabilities, please contact us today.

Orthotic Therapy

Orthotics or ankle-foot orthotics are our most useful, effective and versatile treatment to resolve many foot and ankle conditions.

The sub topic links back to the Orthotics main navigation link

https://www.footankle.com/orthotics/

Second Opinions

As a further convenience, we can provide second opinions on foot and ankle conditions—from simple to complex.

If you're like most people you want to be 100% certain you are making an informed decision. Due to the nature of many foot and ankle conditions making sure you are getting the optimum advice for the long-term outcome of your condition and treatment is paramount to your health. If you have a long-term issue and have tests such as x-ray's or ultrasound, please make sure you have all your tests and written documents available for a timelier and cost effective examination. This will make your appointment more efficient by providing the practitioner with your history and spend more time on your examination and talking with you about treatment options.

What you need to Bring with you:

- Shoes that you commonly wear
- Orthotics and arch support

- X-rays, Ultrasound, MRI or CT scans
- Previous reports and records

Shoe Therapy

Shoes are an essential part of treating foot and ankle complaints and they're often the cause of many of the issues we see daily.

As you know all feet are not the same and this also applies to many forms of footwear on the market today. That's why we make a complete assessment of your shoes and how they relate to your symptoms, lifestyle, weight, gait, foot shape and overall biomechanics. Which means that we'll provide you with information about the best choice of footwear and let you know where to find the right shoes for the best outcome for your condition.

Sports Medicine

Don't let foot and ankle pain stop you from playing your favourite sport. Find out about our leading-edge care for sports injuries to maximize your feet's performance.

Imagine playing the sport you enjoy pain free? Playing sport or getting routine exercise can expose your feet or ankles to ongoing pain, cause additional injury and prevent you from achieving the fitness and sporting goals.

At the Essendon Podiatry Clinic, we provide exceptional leading edge care for injuries as well as programs specifically designed for sport to maximize your feet's performance, prevent injury, and get you back to the sporting activities you love. If you have a sporting issue in involving the foot and ankle, please contact the Essendon Podiatry Clinic for a full assessment.

Nail Surgery

Nail surgery performed by Podiatrists is a highly skilled nail surgical procedure that is used only as a last resort for your ingrown nail problems.

If you're reading this you already know the pain of an ingrown toenail piercing or pressing against your skin and causing pain, inflammation and in many cases this can lead to a serious infection. To eliminate certain ingrown toenails, surgical procedures are regularly performed by a trained portraitist and surgery can be the one of the most appropriate solutions to resolve this painful condition.

As a last resort, surgery may be necessary if the patient is continually suffering from pain, is unable to wear shoes or the condition prevents the individual from playing sport or other activities. If you are suffering from ongoing pain from ingrown toenails, please do not hesitate to contact our friendly staff and make an appointment today.

Travel and Your Feet

Are you making the right decision for your vacation? Make sure you are getting the right advice on shoes to make the most of your vacation.

If you going to travel soon you may be walking further than you anticipate and this can lead to increased amounts of pressure and stress on your feet. Fortunately, with a little preparation before you travel will make your holiday a much more comfortable and fun experience. If you suffer from

sore and painful feet from long walks or standing for long periods of time, contact the Essendon Podiatry Clinic today.

Urgent Foot Care

If you experience an urgent foot or ankle problem, contact us as soon as possible so we can arrange a time to get you into the office right away.

If you experience urgent foot or ankle problems, we will work to get you into see our podiatrists right away. We will endeavour arrange an appointment with one of our staff members to see you on the same day or next business day for treatment. During normal business hours' treatment is available for urgent foot and ankle care or if you have an emergency after those hours, please go to the nearest doctor or hospital.

Weight Loss and Your Feet

Orthotics and foot pain treatment that allow you to walk without 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. Contact the Essendon Podiatry Clinic to arrange an appointment today.