

Our Services

- **Orthotic design and Prescription**
- **Footwear Selection**
- **Dry needling**
- **Radial Shockwave therapy**
- **Foot problems we often treat include:**

Heel pain

Morton's Neuroma

Sports and musculoskeletal injuries

Children's foot problems

Diabetes related foot disorders and wound care

Arthritic foot disorders

Corns/callouses

Ingrown toenails

Plantar warts (verruca)

Heel Pain

There are many causes of heel pain in adults including plantar fasciitis, stress fracture, insertional Achilles tendinopathy, Haglunds's deformity, tumour, fat pad atrophy, inflammatory /arthritic disorders, nerve entrapment, bursitis and gout.

We will diagnose your problem and come up with a treatment plan.

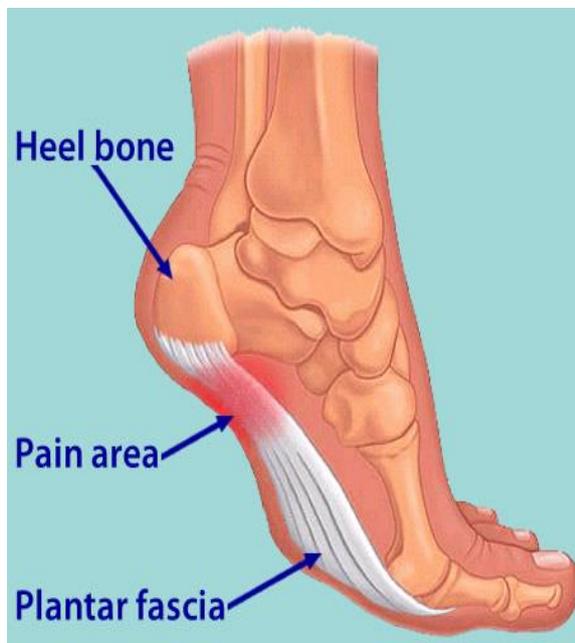
Plantar Fasciitis

This is the one of the commonest conditions that podiatrist's treat.

Pain may be located in the bottom of the heel or in the arch. Common symptoms are first step pain in the mornings when getting out of bed or when immediately on standing after sitting for long periods. Pain can also be present during the day.

Management includes: Icing, taping, stretching and strengthening exercises, anti-inflammatory medication, massage, dry needling, orthotics, compression sleeves, heel pads, night splints and footwear changes.

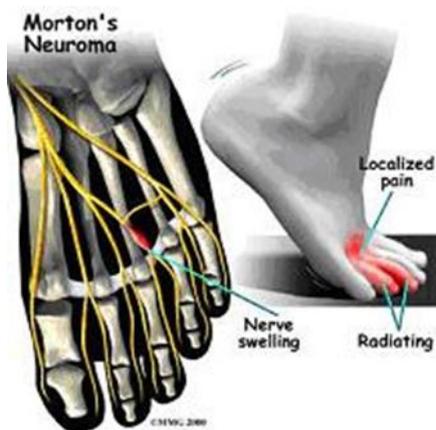
Most of the symptoms of plantar fasciitis will resolve in time with these interventions, however severe cases may require more intensive care involving the temporary use of walking boots, ultra sound guided steroid injections and radial shockwave therapy. Rarely is surgery ever necessary.



Morton's Neuroma

A Morton's neuroma is a type of nerve entrapment or irritation. The 5 long bones that form the ball of the foot (metatarsals) have a nerve that runs between each of them. If the nerve is irritated a thickening or swelling can occur. This leads to nerve becoming compressed, causing symptoms such as pain, swelling and burning in the ball of the foot. Sometimes the nearby intermetatarsal bursa becomes swollen and inflamed causing similar symptoms.

The condition can affect adults of any age, however women are affected more than men. Middle aged women who wear high heeled or firm fitting shoes are the most commonly affected. However nerve irritation may also be due to other mechanical factors. Whilst a Morton's neuroma may develop between any of the metatarsals it is more common in the third interspace of the foot between the 3rd and 4th toes. In rare instances it is possible to have multiple Neuromas in the one foot.



Morton's neuroma treatment includes:

Footwear changes

Padding and strapping

Orthotics with neuroma pads/domes

Stretching exercises and manipulations

Cortisone injection

Surgical: excision of the thickened nerve

Dry Needling

What is Dry Needling?

Dry Needling is the use of fine acupuncture needles to reduce pain through the stimulation of myofascial trigger points.

These trigger points can be very painful when palpated and can refer pain to other regions of the body.

Dry Needling is similar to acupuncture, however follows different theories and rationale to the traditional Chinese medicine.

What are the benefits of Dry Needling?

Dry needling at trigger points has been shown to result in a positive reaction from the central nervous system, allowing the muscle to relax and relieve pain.

The needles used are very fine and for this reason there is minimal to no pain felt when inserting the needles. There is sometimes a “local twitch response” noted when needles are inserted into trigger points accompanied by a relief of tension.



Orthotics

Orthotics are specially designed in-shoe devices that correct and control abnormal foot and lower limb function and may also be designed to accommodate and relieve pressure over painful areas. Orthotics can correct biomechanical abnormalities of the feet and lower limb which may contribute to painful conditions.

There are many types of orthotics available including customised (i.e. manufactured from a cast of your feet) and prefabricated devices, as well as various materials from very soft to rigid. The truth is, not one type of orthotic or material is suitable for everyone. The way the feet function has a direct influence on the rest of the body. If there is an issue with the foot's mechanics it can contribute to many pathologies not only in the foot but throughout the rest of the body.



Sports and musculoskeletal injuries

Sports podiatry is a specific field of podiatry focussing on diagnosing, preventing and treating injuries related to sport. It is very important to accurately diagnose the complaint prior to developing a treatment plan. By using the latest assessment techniques, such as gait analysis we can diagnose your problem accurately and get you back on track to return to sport as soon as possible.

We will look carefully at your footwear and make appropriate recommendations.

We work with our patients to develop a structured rehabilitation plan that is strongly focussed on getting them back to sport – fast! As podiatrists with a passionate interest in sport, we understand the rigours and demands of training and the desire to return to activity as quickly as possible.

If you develop a sports injury it is important to rest and ice the area to minimise swelling and further damage. You should then contact us for further care and assessment



Musculoskeletal injuries

Shin Splints

Shin splints are a common injury for athletes or people who perform high impact exercise on hard surfaces such as running and jumping. People who suffer shin splints experience pain in the lower third, either in the inside or outside of their legs. Shin splints result from damage to the connective tissue that joins the muscle to the bone. If the injury is ignored it can result in stress fractures of tibia which can be quite debilitating.

Some risk factors for developing shin splints are:

Flat, pronated Feet

Excessive Calf tightness

Being Overweight

Training errors

Incorrect footwear

Treatments include:

Orthotics

Rehabilitation programmes

Taping

Deep tissue massage

Dry needling

Appropriate footwear

Achilles tendinopathy

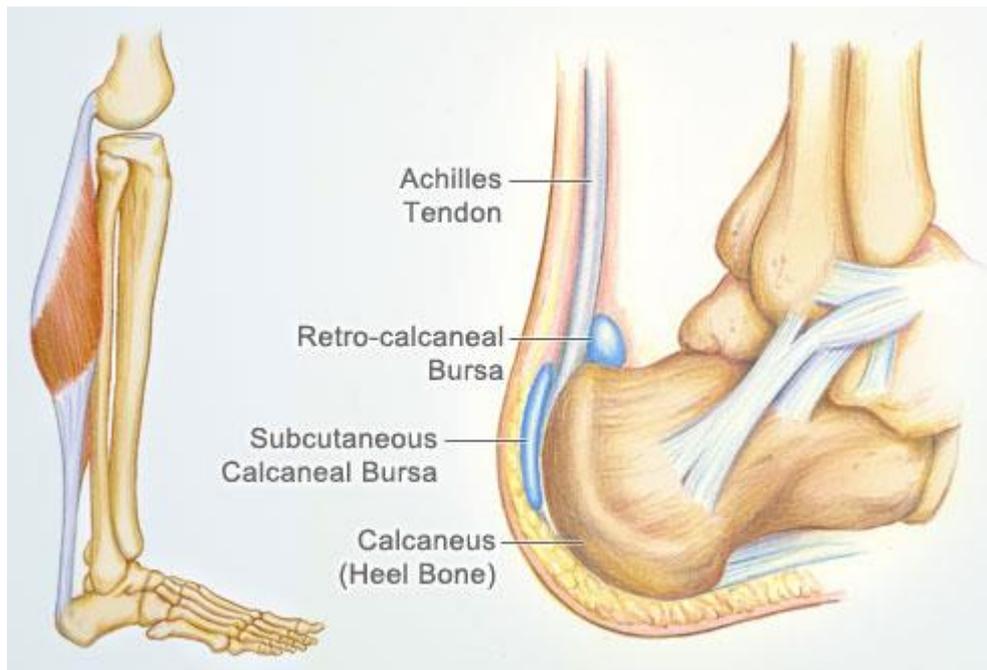
Achilles tendinopathy is a very common ailment predominantly caused by overuse.

Symptoms:

Pain mostly at the base of Achilles tendon just above the calcaneus (heel bone) but can be anywhere along the tendon. Sometimes the superficial or deep bursae located at the back of the heel can also be involved.

Usually pain is worse first thing in the morning as weight is put through the foot.

The Achilles tendon is made up of collagen fibres and does not have a good blood supply. As we age the fibres of the tendon become more fragile and less flexible leading to an increase in risk of injury.



Treatment

Orthotics to improve foot/ankle mechanics

Heel raises

Rehab exercises to strengthen tendon

Shockwave therapy

Deep tissue massage

Taping

Dry needling of calves

Footwear changes

Radial Shockwave Therapy

Conditions treated include:

- Heel and Arch Pain
- Achilles tendon pain
- Patella tendon pain
- Shin Splints



Get rid of nagging heel and arch pain with Radial Shockwave Therapy

What is Radial Shockwave therapy (RSWT)?

A device which applies radial pressure waves transmitted through the surface of the skin and spreads into injured tissues. This initiates the healing process at the site of pain.

Radial pressure waves offer an effective, safe adjunct to the treatment of heel/arch pain and other tendon problems. The treatment is non-invasive, does not require any anaesthesia, injections or surgery and is quick and easy to perform, with very few potential side effects.

What does the treatment involve?

1. Your podiatrist will locate the area of pain and apply some ultrasound gel.
2. The acoustic shock wave impulses are delivered using a hand-piece and will take from 5 - 10 minutes to deliver depending if there is just one site or multiple sites to be treated. This is generally said to be uncomfortable (rather than painful) and is well tolerated by the vast majority of patients.

It feels like a repetitive, rapid deep tapping of the treated area combined with a strong vibration sensation. The process is started with using low power and then gently increased to pain tolerance.

3. The total number of treatments can vary from 3 - 6 with a 7 – 14 days between treatments. Some patients note an immediate improvement in their symptoms; however the best results occur 3 months after the initial treatment.

Radial Shockwave therapy is not used in the following:

Acute inflammation

Pregnancy

Those taking powerful anti-coagulant medications

Haemophilia and other clotting disorders

Not applied over growth plates or metal implants

Corticosteroid injections – wait at least 6 weeks after an injection has been performed

Cardiac pacemaker

What are the potential side effects?

Side effects are not common but if they do occur are very temporary and mild. These usually abate within 48 hours.

- Potential side effects include:
- Reddening of skin
- Mild swelling
- Mild bruising

What to expect after your treatment?

RSWT initiates an inflammatory reaction in the tissues. If there is any discomfort after treatment you are advised to take a non-prescription painkiller such as Paracetamol. However do not take any anti-inflammatory medications such as Ibuprofen or Diclofenac as these will interfere with the healing process. **Do not** use ice on the area immediately after treatment.

What is the scientific evidence for using RSWT?

RSWT is used successfully in professional sports medicine and in daily medical practice worldwide.

Its' effectiveness has been demonstrated in a multitude of clinical studies (up to 70-80% successful outcomes)

There is mounting evidence that conclude Radial Shockwave Therapy is safe and effective.

Children's foot problems

Abnormal walking, excessive shoe wear and flat feet need to be checked at an early age. Don't dismiss your child's consistent complaints of aches as 'just growing pains'. The reason for persistent aches and cramps can sometimes be due to poor foot or leg posture.

Feet can be an issue for children at various stages of their growth. They may have some developmental issues or aches and pains from the sport they're playing.

If these conditions are treated early, there's a good chance that your child will successfully overcome their condition. Every parent wants their child to have the best start in life. We can help build your child's strength and mobility, and help them to achieve their potential.

All children have flat feet to start with, but this starts to disappear by the time they turn five or six.

If you think your child has an arch that is flatter than normal, and their feet are causing them problems, give us a call.



Heel Pain in Children

Sever's Disease is a very common heel condition that occurs in usually very active children from about 8 – 14 years of age.

It can be quite a painful bone disorder which comes about when the growth plate in your growing child's heel becomes stressed and inflamed.

Growth plates are the area at the end of bones which turn into new bone over time. It's how we grow taller and develop longer feet and limbs.

It's rare for older teenagers to suffer from Sever's Disease because the growth plate at the back of the heel usually finishes growing by the time they reach 15.



Treatment

We pull out all the stops to ease your child's pain.

Our techniques include:

- Orthotics to control any abnormal alignment issues, which may also include heel pads.
- Assessing your child's gait to see if there are any underlying causes to their pain.
- Deep tissue massage to calves if abnormally tight sometimes combined with dry needling.
- Footwear advice and taping.
- Prescribing a series of stretching exercises which your child can do at home

Corns & Callouses

Corns and calluses are annoying and sometimes painful thickened skin on your feet. They form in places that are under pressure or rubbed by your shoes.

A corn is thick and a distinct conical or circular shape. It's usually dry, firm, yellow-coloured and waxy. A callus is a more spread out, flattened area of thick skin.

We can remove your painful corns and calluses quickly and painlessly, give footwear advice and prescribe various pads and orthotic devices to help remove the abnormal pressure that is causing the corns to develop.



Ingrown toenails

Ingrown toenails are a common, painful condition, where the nail grows into the skin.

The condition can become chronic, with repeated episodes of pain and infection.

Ingrown toenails can develop in several ways:

- Direct trauma such as knocking your toe or dropping something on your toe
- Repetitive trauma such as playing sport or running in badly-fitting shoes
- Cutting your toenails incorrectly
- A hereditary problem, which may mean that your nails are abnormally incurved

If your toe is inflamed, swollen and painful, your condition probably won't be resolved without professional treatment.

For less-serious conditions, we will remove part of your nail with a minor procedure at our clinic, flush the area with antiseptic, dress your toe, and refer you to your GP if antibiotics are required.

Antibiotics rarely work by themselves. The nail spike, which is causing the problem, has to be removed first.

If you have a stubborn ingrown nail, we can perform minor surgery to permanently correct the problem.

Conservative v's surgical treatment

A simple conservative procedure may be all that is required to solve your ingrown toenail. This involves special nail cutting, removal of hidden corns, hard skin build up and any fungal material.

Painless thinning the nail with a high speed drill will often help.

Surgical treatment

If conservative care is not successful, you may be a candidate for a more permanent solution. This procedure is performed under local anaesthesia and the success rate is very high with excellent outcomes. The technique used is quick, effective and cosmetically appealing with very little post-operative discomfort

What will my nail look like?

As only the smallest offending section of nail, is removed, once healed, a change may not even be noticed. Our procedure has been very appealing to youth and women. We do **NOT** remove the whole toe nail, as nails act as protection for your toes.

Diabetes

We can help you with advice and with hands-on treatment.

If you have diabetes, it's particularly important to look after your feet.

Diabetes can have a specific impact on your feet through 'peripheral vascular disease', which means problems with blood vessels in your feet.

Diabetes can also impact your feet through 'peripheral neuropathy', which involves a gradual loss of feeling in the feet.

If you have a problem with blood circulation, we can perform a Doppler assessment to check the circulation in your legs and feet.

If you have diabetes and you have trouble cutting your own nails, or you have corns, callouses or ingrown nails, you should have these treated by a podiatrist.

If you have diabetes you should:

- Check your feet every day, including in between your toes and around your heels
- Check for blisters, calluses and corns, cracked skin and anything that looks abnormal
- Choose your shoes carefully—make sure they fit well, are roomy, have a flexible sole and a soft upper, with either shoe laces or Velcro straps
- Avoid shoes with pointed toes, high heels, open toes and jandals
- Do not walk on hot sand at the beach if you have numb feet and be careful using heaters
- Avoid socks with tight elastic bands which may constrict circulation
- Wear in any new pairs of shoes slowly and check for pressure points
- Any sign of infection such as redness or swelling see your podiatrist or GP immediately

Plantar Warts

Plantar warts (also known as verucca) are benign skin lesions that are caused by the human papilloma virus (HPV). They are the same as the warts that you can get on the other areas of your body, except these ones are on your feet.

They can present as a single lesion or in clusters. Warts are quite contagious and can be picked up from communal swimming pools, bathrooms and any other communal areas where there is adequate moisture and warmth.

Plantar warts may or may not be painful. It is typical of a wart to hurt when squeezed with sideways pressure whereas corns are painful with direct pressure. It is important not to “pick” at warts as this can make them worse and allow spreading of the virus that may cause more warts on other areas of the body.

The Podiatrists at St Lukes Foot Clinic can diagnose and treat warts/verruucas. There are multiple treatment modalities available which your Podiatrist can discuss with you. These include; applying various acid preparations, surgery and simple removal of the hard skin overlying the wart. These lesions can be quite stubborn to cure and may require multiple or repeated treatments. If you would like to know more about wart treatment, please give us a call.

Footwear selection



The correct shoe is essential in assisting the function of your feet and preventing foot related injuries. We assess the function and fit of your footwear and analyze wear patterns to match your particular foot type.

Often as we age our footwear needs change and we may require slightly roomier, softer shoes to accommodate any toe or foot deformities.

Shoes come in a variety of shapes and sizes and some shoes suit specific foot types better than others e.g. some runners need a medial posting (extra support on the same side as your arch) which would be best for a patient with a pronated foot type (rolling-in) as opposed to a supinated (rolling-out) foot type.

We are up-to-date with the current research and trends surrounding the function of footwear; however do not necessarily partake in the hype that is created by new concepts. Many years of experience has taught us that a common sense approach to recommending footwear for clients, on a case by case basis to suit their individual needs, works best.

Clever marketing can make it difficult for the consumer to make the correct choice for their individual feet and that is why it is important to get professional advice especially if you have a foot or leg injury.