

FOOT HEALTH WEEK

15 – 21 OCTOBER 2018

Foot Health Fact Sheet

WHEN TO SEE A PODIATRIST

Did you know...

The average person walks up to 128,000 kilometres in their lifetime? This distance is equivalent to three laps around the world!

Do you think you may need to see a podiatrist? Learn more about the role of podiatrists in foot health – and how this can benefit your general overall health.

Podiatrists are foot health experts who are university-trained to prevent, diagnose, treat and rehabilitate medical and surgical conditions of the feet and lower limbs. Often, these conditions stem from other underlying health issues such as diabetes, stress fractures and arthritis.

Podiatrists are all around you, and they work in both public health centres and private practice clinics. To find a podiatrist near you, you can search by location at podiatry.org.au

Why do people see podiatrists?

Your feet house a quarter of the bones in our entire bodies – in addition to various muscles, ligaments and joints. This makes them extremely vulnerable to injury and diseases that can affect the entire body.

A podiatrist will not just look at your foot, but they will carry out a biomechanical assessment to see how your gait can be impacting other parts of your body, such as your hips. (Your gait is the way you walk.)

Podiatrists fully understand the structure and movement of the foot and lower limbs. They are able to diagnose foot conditions, identify systemic overall health conditions that present with foot or lower limb symptoms – and recommend appropriate treatment plans.

When should you see a podiatrist?

You may be experiencing pain in your feet, ingrown or discoloured skin/nails, corns, skin rashes, foot odour, foot injuries, broader health problems such as diabetes or arthritis, recurrent tripping or falling, problems fitting comfortably in your regular shoes; or if you notice swelling, lumps, or redness on your feet or legs.

It is a common misconception that painful feet are a normal side effect from everyday activities. Yet research shows that only a fraction of individuals suffering from sore feet seek out professional advice.

Just as you would visit your dentist for a toothache, you should visit a podiatrist if you suffer from painful or tired feet and/or lower limbs.



Find a podiatrist at podiatry.org.au

This fact sheet is available as a single page download from podiatry.org.au



Pods get **you...**

moving, pain-free and living a fuller life!

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Do you need to see a podiatrist?

Here is a handy checklist. Do you...

- Have painful feet?
- Experience leg pain?
- Have painful knees?
- Experience sore hips?
- Find walking or standing uncomfortable?
- Experience leg or foot pain during sport?
- Need advice on correct footwear?

Ticked one or more boxes? Then you need to see a podiatrist.

Go see a podiatrist

Because...

- ✓ Podiatrists are Foot Health Experts and understand the structure and movement of your feet and lower limbs.
- ✓ They can assess, diagnose and treat foot, ankle, knee, leg or hip pain.

Given your feet alone house a quarter of the bones in your entire body, a podiatrist is best placed to get you moving, active or pain-free.

Find a podiatrist near you

Contact the Australian Podiatry Association at podiatry.org.au and search by postcode or suburb to find a podiatrist close to you.



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