

**PODIATRY AT BLUFF ROAD MEDICAL CENTRE**

**Sandringham Foot Centre** is a branch of Moorabbin Foot Centre which is an established podiatry practice that has been providing high level podiatry care to people in the Bayside area for six years.

Experienced podiatrists **Chelsey Tregear (nee Nash)**, **Tess Beddome** and **Bianca David** will be available for consultation at Bluff Road Medical Centre on a Monday, Tuesday and Wednesday. And **Yasemin Gezmish** will be consulting on Thursday and Saturday from June 2016.

**SERVICES WE OFFER:**

**FRACTURE MANAGEMENT:** Full Stock of CAM WALKER BOOTS (\$150.00 each) and DARCO POST-OP SHOES always available for immediate fitting with the podiatrist working that day. Full stock also at Moorabbin Foot Centre (1a/400 South Rd, Moorabbin) where two podiatrists consult six days a week.

**PARTIAL NAIL AVULSION (PNA) PROCEDURE FOR INGROWN TOENAILS:** A permanent solution for persistent, reoccurring ingrown toenails. Phenolisation of the nail bed under local anaesthesia.

**CANTHARONE LIQUID FOR PLANTAR WART TREATMENT:** Highly effective treatment for often stubborn and painful plantar warts. Painless on application, forms a blister within 24 hours.

**DIABETES ASSESSMENTS:** Including vascular, neurological, biomechanical and footwear assessments.

**GENERAL FOOT CARE:** Nails, corns and calluses – for people of all ages.

**BUNIONS and HALLUX LIMITUS/RIGIDUS:** Biomechanical abnormalities are addressed to slow down the progression of the deformity and alleviate pain.

**ANKLE AND FOOT SPORTS INJURY MANAGEMENT:** Acute and Chronic - management of sprains, tendinopathies, fractures, synovitis/capsulitis, joint instability.

**ORTHOTIC PRESCRIPTION:** Following a detailed assessment and trial of taping to ensure changing the biomechanics is going to help alleviate pain, always used in conjunction with other therapies.

**DRY NEEDLING:** For treatment of myofascial trigger points in all muscles in the lower legs and feet.

**ANKLE BRACES:** ASO SPORTS ANKLE BRACES fitted for rehabilitative or preventative purposes.

**ACHILLES TENDINOPATHY:** Managed with exercises, heel raises, taping and orthoses if necessary.

**FOREFOOT PAIN - PLANTAR PLATE TEAR, BURSITIS, MORTON'S NEUROMA:** Different types of padding and taping used to alter biomechanics, offload and alleviate discomfort in the forefoot.

**PLANTAR FASCIITIS:** A very common cause of heel pain – must address the underlying biomechanical cause and treat with a combination of stretching, massage, taping and orthoses where necessary.

**CHILDRENS FEET, IN-TOEING & TOE WALKERS:** Assess according to their developmental stage and implement necessary treatment - gait plates, carbon fibre insoles, exercises and physio/osteo referral.

**HAMMERTOES, CLAWED TOES AND OVERLAPPING TOES:** Treated with toe splints and separators.

**FOOTWEAR ASSESSMENTS:** To advise patient on the appropriate, style, last and support for their feet.