

## Common conditions managed by Toorak Village Podiatry

### *Musculoskeletal pathologies*

- Plantar heel pain including plantar fasciitis and heel spurs
- Posterior tibial dysfunction
- Metatarsalgia including plantar plate injuries, intermetatarsal bursitis and neuromas
- Osteoarthritis of the foot in particular 1<sup>st</sup> MTPJt and midfoot
- Shin and knee pain relating to biomechanics
- Tendinopathies including Achilles, posterior tibial and anterior tibial tendons
- Stress fractures (in particular 2<sup>nd</sup> metatarsal)
- Pre trekking/walking blister prevention taping (Coastal trek, Oxfam)
- Gait assessment and management of biomechanical anomalies with custom made or prefabricated orthoses
- Supply and fitting of 'moon boots', splints, heel lifts, etc
- Dry needling (myofascial trigger point dry needling) for muscle pain locally or referred
- Longer acting local anaesthetic or cortisone injections for plantar heel pain and bursitis/neuromas (heel injection after tibial nerve block so relatively pain free)

### *Nail and skin pathologies*

- Management of dystrophic, involuted or fungal nails
- Debridement and offloading of corns and calluses
- Management of ingrowing toenails in all ages including the option for in room partial nail avulsion and phenol matrixectomy
- Management and advice for plantar warts
- Laser treatment for fungal nails (an alternative to terbinafine)

### *Children*

- Management of Severs with heel lifts, stretching program and orthoses if required
- Management of Osgood Schlatters with stretching program and orthoses if required
- Management of musculoskeletal pathologies
- Custom made and prefabricated orthoses as required
- Management of plantar warts
- Management of ingrown toenails

***We are more than happy to discuss any foot, ankle or leg pathologies with you or your staff or show you our range of prefabricated orthoses, splints or moon boots.***

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