

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 1st MTPJt and midfoot
- Shin and knee pain relating to biomechanics
- Tendinopathies including Achilles, posterior tibial and anterior tibial tendons
- Stress fractures (in particular 2nd 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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