



9889 1078

Chat to one of our specialists to see how we can best help you.

# Podiatry

## What is a Podiatrist?

A podiatrist is a health professional who deals with the prevention, diagnosis, treatment and rehabilitation of medical and surgical conditions of the feet and lower limbs.

## What do Podiatrists do?

Podiatrists deal with the prevention or correction of deformity, maintenance of normal mobility and foot function, and rehabilitation of medical and surgical conditions of the feet and lower limbs. The conditions podiatrists treat include those resulting from bone and joint disorders such as arthritis, soft-tissue and muscular pathologies, as well as neurological and circulatory disease. Foot injuries gained through sport or other activities such as heel pain and achy legs are also diagnosed and treated by podiatrists.

## Benefits of Podiatry Treatment

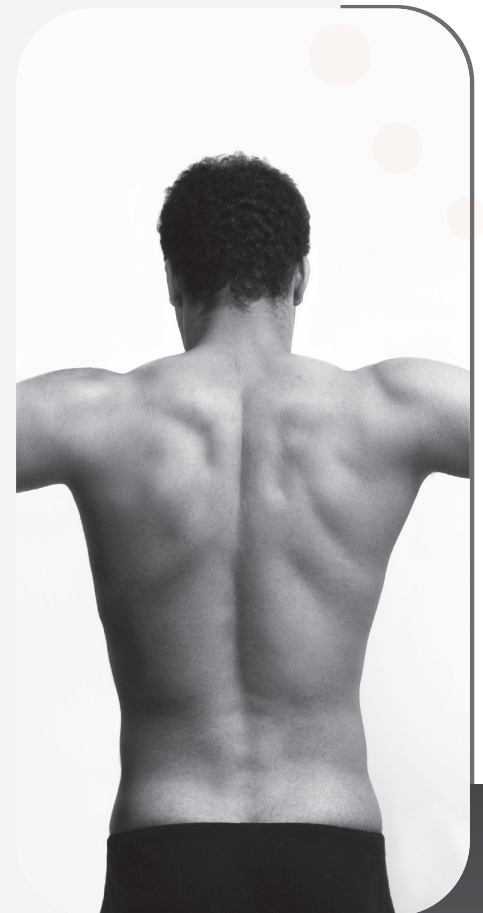
Podiatrists have advanced skills in the assessment, diagnosis, management and prevention of problems affecting feet and lower limbs. They provide the basis of the ideal walking style and posture and identify any medical or surgical condition that may require further management.

## How many treatments will I need?

After treatment you should have less pain, feel more mobile, flexible and comfortable in your movements. Relief can be dramatic and long lasting, your podiatrist will expect to see positive results within 2-4 treatments for common symptoms. However, it must be emphasized that each individual is unique and it may take several visits before you return to normal.

## Do I need a referral from a GP?

While GP's and specialists seeking the best care for their patients often refer patients to see a Podiatrist, referrals are not always necessary. One may be required for Veteran Affairs, Workers compensation or the Program for Aids for Disabled People (PADP). For a Podiatry treatment





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simply make an appointment with Camberwell Sports and Spinal Medicine directly (9889 1078). Podiatry is a complementary form of treatment and works well when used in conjunction with medical treatment.

## Is podiatry treatment covered by my private health fund?

Podiatry treatment is covered under the ancillary or extras cover of most major health insurers. Camberwell Sports and Spinal Medicine is able to offer “on the spot” rebates via HICAPS. The rebate varies depending on your health insurer and level of cover so check the details of your policy.

## Is podiatry treatment covered by Medicare?

Yes, Medicare covers podiatry treatment if your condition meets certain conditions. In the instance that you suffer from long-term chronic conditions such as diabetes or long term arthritis, your GP can refer you to a podiatrist for up to five treatments a year. In this circumstance, for treatment to be covered by Medicare you must have a referral from your GP, so talk to them for about an Enhanced Primary Care (EPC) plan.

## Is Podiatry treatment covered by WorkCover or the Transport Accident Commission (TAC)?

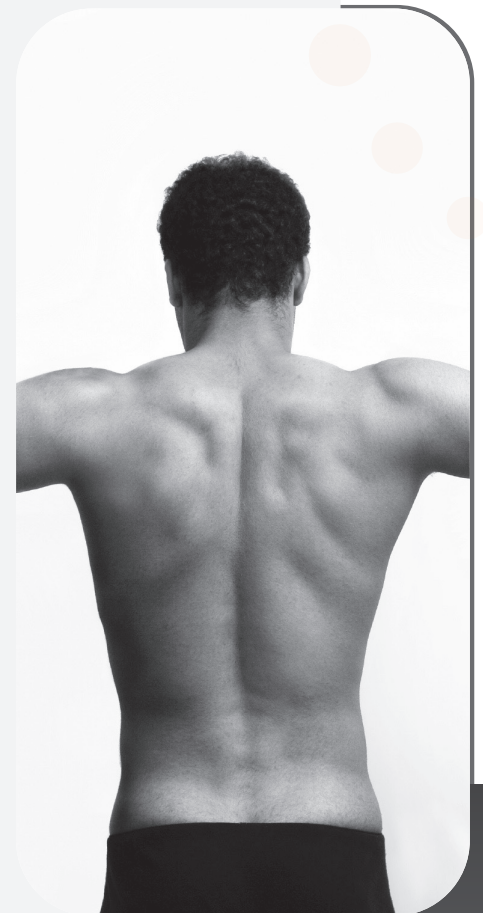
Yes, the cost of podiatry treatment is covered. If you already have a claim number, please bring it with you. Otherwise, let your GP know that you want to consult our podiatrist. We can also help you arrange the necessary approval.

## Is podiatry treatment safe?

Fortunately the risks associated with podiatry treatment are very low, and can be compared with the risks associated with taking pain relieving medications that are readily available in pharmacies and supermarkets.

## Who are your practitioners?

The practitioners at Camberwell Sports & Spinal Medicine are fully qualified and registered podiatrists and are full members of the Australian Podiatry





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Association (APA). Podiatry education in Australia consists of a four-year course that is based on a model of basic sciences integrated with clinical sciences and research studies.

## What to expect on your first visit

Your initial treatment will take around 45 - 60 minutes.

### During this initial visit your podiatrist will:

- Take a thorough History to gain an understanding of your injury and circumstances that could have lead to your condition. Including Video Gait Analysis.
- Examine your body and identify the type, source and cause of symptoms.
- Diagnose your condition and discuss this with you.
- Use a range of therapies.
- Devise a treatment plan. We involve patients in treatment choices.
- Educate you about your condition.
- Follow-up treatments generally last for 30 minutes.
- Our goal is to educate our patients
- Understanding your condition will help you to manage it or prevent it from recurring. That's why your podiatrist will provide you with in-depth educational material, including everything you will need to know about your condition, treatment and rehabilitation.

*\* During your assessment you will be assessed in bare feet and in footwear, so please bring along your activity and everyday footwear.*

## Practitioners

Camberwell Sports and Spinal Medicine have two fully qualified podiatrists on staff, working to offer you services 6 days a week.

