

FAQ Podiatry



What is a Podiatrist?

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

What does a Podiatrist do?

Podiatrists deal with the maintenance of normal mobility and foot function, prevention and correction of deformity as well as rehabilitation of medical and surgical conditions. These range from bone and joint disorders, including arthritis and soft-tissue/muscular pathologies to neurological and circulatory diseases. Our Podiatrist's skills also extend to foot injuries gained through sport or other activities such as heel pain and achy legs.

What are the benefits of Podiatry Treatment?

Podiatrists have the ability through extensive skill to assess, diagnose, treat, manage, and prevent problems affecting the feet and lower limbs. They provide the basis of the ideal walking style and posture in addition to any medical or surgical conditions that may require further management.

Who are your practitioners?

The Podiatrists at Camberwell Sports & Spinal Medicine are fully qualified and registered with AHPRA (Australian Health Practitioner Regulation Agency) as well as being full members of the Australian Podiatry Association (APA). Podiatry education in Australia consists of a four-year Degree that is based on a model of basic sciences integrated with clinical sciences and research studies.

How many treatments will I need?

Depending on your condition and presenting complaint, treatment frequency will vary. At the time of your consultation, your podiatrist will outline the expected course of treatment and management.

Do I need a referral from a GP?

GPs and specialists seeking the best advice often refer their patients to a Podiatrist for foot and leg care however, referrals are not necessary. For a Podiatry consultation simply make an appointment with Camberwell Sports and Spinal Medicine directly by calling 9889 1078.

Referrals are required for Veteran Affairs, Workers Compensation or the Program for Aids for Disabled People (PADP).

What should you expect on your first visit?

Your initial consultation will take around 40-60 minutes, during which your Podiatrist will:

- Take a thorough history to gain an understanding of your issue and circumstances that could have led to your condition. This may include Video Gait Analysis.
- Examine your body and identify the type, source and cause of symptoms.

- Diagnose your condition and discuss this with you.
- Provide treatment using techniques appropriate for your condition.
- Educate you on your condition. You will be provided with in-depth educational material to help you manage and prevent your condition from reoccurring.
- Devise a treatment plan and involve you in these treatment and rehabilitation choices.
- Discuss the proposed treatment plan which may involve further treatment. Subsequent sessions generally last for 20-30 minutes.

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

Is Podiatry treatment covered by my private health fund?

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?

If your condition meets certain requirements and you have a valid referral from your Doctor, Medicare may offer limited rebates for Podiatry treatment. In the instance that you suffer from a chronic condition, your GP can refer you to an Allied Health Professional, such as a Podiatrist, for up to five sessions each calendar year. Not all conditions qualify for this program and there will still be an out of pocket expense for these services. For more information talk to your Doctor and ask them about your eligibility for a Chronic Disease Management (CDM) plan prior to making an appointment with CSSM.



Camberwell  Sports & Spinal Medicine

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Open 7 Days

Monday to Thursday 7 am - 8:30 pm
Friday 7am - 6 pm
Saturday 8 am - 4 pm
Sunday 9am - 5 pm