

# Podiatry



*Delivering quality podiatry service to ensure a positive experience and an individualised person-centred care.*

Our Podiatrists specialise in the prevention, diagnosis and treatment of the foot, ankle and lower extremities. We provide face to face consultation, offering an hour initial appointment to obtain valuable and important client medical and social history, as well as conducting diabetic, biomechanical and general care assessments essential to making an informed clinician decision. In addition, we also provide our clients with review appointments to achieve ongoing podiatric care and support as required, which may include referral to a multi-disciplinary team such as Dietitian, Diabetes Educator, Mental Health, Respiratory Nurse, Exercise Physiologist.

## **Services:**

- Neurological and vascular assessments
- Diabetic foot assessments
- Biomechanical assessments
- General foot care; Nails, corns & callus treatment
- Rehabilitation of the lower leg, foot and ankle
- Nail surgery; Partial and total nail surgical avulsions
- Custom orthotic prescription and review
- General offloading toe orthoses
- Footwear education and orthopaedic/medical grade footwear referrals
- Multi-disciplinary referrals

## **How to access:**

If you would like to have a consultation with our Podiatrists, make an appointment with your GP and ask for a referral to Country & Outback Health. After getting a referral from your doctor, you will be offered a 1-hour initial appointment and ongoing support as you need.

## **Locations:**

Ceduna, Cleve, Coffin Bay, Cowell, Cummins, Elliston, Kimba, Lock, Streaky Bay, Tumby Bay and Wudinna