

Do you need to see a podiatrist?

Podiatrists are foot health experts. They can assess, diagnose and treat a wide range of foot, ankle, knee, leg or hip pain and conditions. Below are several questions which might assist in determining whether you should see a podiatrist.

Does the following apply to you or your family?

- Can you only walk for a short period before your feet or legs hurt?
- Do you experience pain in your lower limbs at night?
- Do you experience tingling in your feet?
- Have you noticed your legs or feet are swollen?
- Do you have cuts or fissures on your feet that take a long time to heal?
- Are you returning to sport after an injury?
- Are you uncertain about which running shoe or sports shoe to buy?
- Do you find that you wear out the outside of your shoes quickly?
- Have you noticed your toes poke holes in the top of your shoes?
- Does your forefoot become hot and painful after running or walking?
- Do your hips hurt?
- Has pain in your feet or legs stopped you from exercising?
- Are you worried about your child's feet?
- Do you have arthritis in your feet?
- Do you experience reoccurring gout attacks?
- Are you worried about the thickness of your nails?
- Do you have discoloured toe nails?
- Are you worried about your foot odour?

- Do your toe nails cause you pain?
- Have you noticed your toes are clawed?
- Do you have hard skin on your feet? Is it getting worse?
- Do you find it hard to cut your own nails?
- Do you find it hard to fit your feet into shoes because of your bunions?

If you answered yes to one or more of the above questions, then you need to see a podiatrist.

Reasons to see a podiatrist

Given your feet alone house a quarter of the bones in your entire body, a podiatrist is best placed to get you moving, active or pain-free.

Find a podiatrist near you

Head to www.podiatry.org.au and select **Find a Podiatrist** to find a podiatrist near you.