

Knee Pain

(Iliotibial Band Syndrome) Lateral knee pain. Pain on the lateral side of the knee often extending up the lateral side of the thigh, as high as the hip. Over pronation counter rotates the tibia (shin) against the femur (thigh) which can cause lateral and medial knee pain.

(Chondromalacia Patella) Runner's Knee. A dull aching pain leading to sharp localized pain in the front of the knee resulting in inflammation of the cartilage covering the underside of the patella (knee cap). Excessive pronation applies stress on the knee area preventing the knee cap from tracking in its proper groove on the femur bone.

Lower Back Pain

The shock of heel strike is transmitted up the leg, through the pelvis and to the lumbar spine. Over pronation causes stress and misalignment of the kinetic chain, affecting the alignment of the spinal column. This misalignment can cause lower back pain.

CUSTOM ORTHOTICS HEAL THE ENTIRE BODY



OUR SERVICES:

Orthotics and insoles

Nail trimming

Verruca treatment

Corn removal Foot

Gait analysis

Home Visits

Calluses Reduced

Ingrown Toenails

Care For Diabetics

Footwear advice and prescription

OPENING HOURS:

Monday Closed

Tuesday Friday 9.30pm to 5.00pm

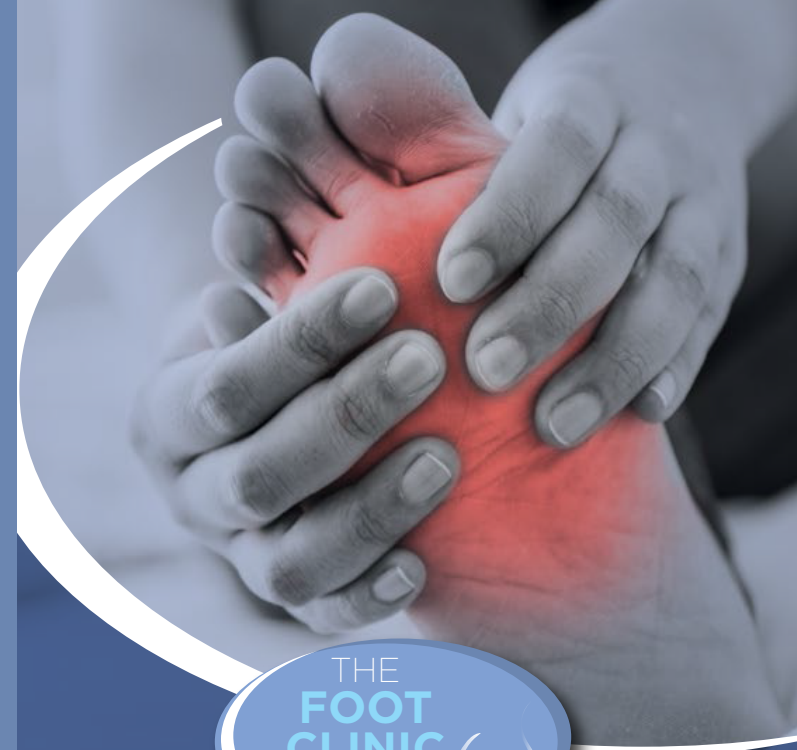
Saturday by appointment only



Contact us to schedule appointment today.
Call us at 065 9051000 or mobile 085 1381383

The Square, Kilrush Co. Clare
E-town Business Park, Mullagh Road,
Miltown Malbay, Co Clare.

AN INTRODUCTION TO FOOT HEALTH



COMPREHENSIVE FOOTCARE
for adults and children

OUR PRACTICE

The practice offers a wide range of Podiatric treatments for all lower limb and feet problems. We work closely with other allied health professionals including GPs, consultants and other therapists. The practice has well established client base which has expanded through personal recommendation.

We are dedicated to ensuring that when you come to see us we are able to provide you with an appropriate and suitable treatment. Accordingly we pride ourselves on being able to offer a comprehensive and full range of treatments.

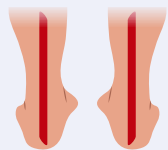
All patients attending for chiropody will have a short history and physical examination carried out, there is an emphasis on the assessment of the vascular and neurological status of the feet. The Chiropodist will then devise a treatment plan and explain to the patient what treatments are most appropriate and effective

ARCH

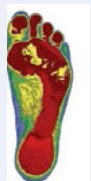
FOOT ALIGHTMENT



Normal



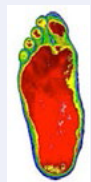
Neutral



High



Supinator



Flatfoot

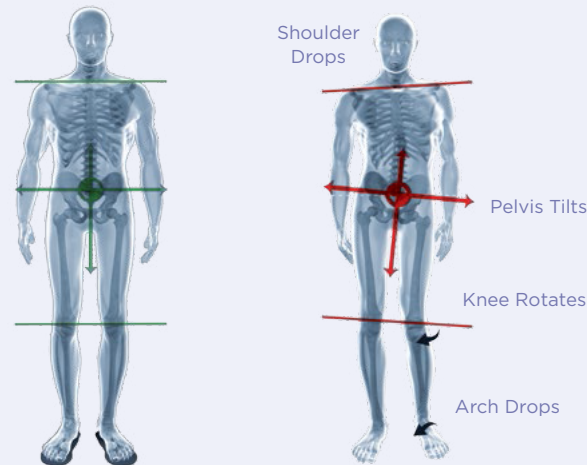


Pronator



WHAT ARE FOOT ORTHOTICS?

An orthotic is a corrective device. Foot orthotics are used to correct poor foot function. Fallen arches, flat feet and high rigid arches can lead to foot, ankle, knee and lower back problems. Custom-made orthotics are used to support and realign the foot evenly distributing your weight in every step helping to alleviate stress on your joints.



WITH ORTHOTICS

NO PAIN

WITHOUT ORTHOTICS

WITH PAIN

MADE SPECIFICALLY FOR YOU

Custom-made orthotics are designed for your individual feet. Plaster casts, bio-foam impressions or foot scans are sent to the lab for analysis. Using the latest computer aided design and manufacturing technology your orthotics are designed and built to the instructions of your practitioner, specific to your needs. Custom-made orthotics can be designed for different applications for example extra shock absorption for sports and narrow cut to fit dress shoes.



SYMPTOMS OF POOR FOOT MECHANICS

Bunions

A bunion is a bony lump that forms on the joint at the base of the big toe. Excessive pronation (the foot falling inwards) combined with a hypermobile big toe joint causes propulsion to come off the medial side of the foot, resulting in forces that stretch and distort the joint.



Metatarsalgia

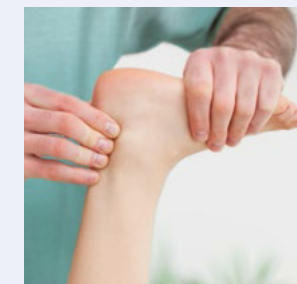
Metatarsalgia commonly known as pain in the ball of the foot, is general pain underneath the metatarsal area. This condition is very common and is caused by abnormal weight distribution due to abnormal pronation. Pain in this area can also be due to dropped metatarsal heads or the result of Morton's neuroma, a nerve aggravated between two metatarsal heads.

Hammer Toes

Hammer toes may be caused by improper fitting shoes or dropped metatarsal heads. Pressure may be felt against the shoe and under the ball of the foot. Pressures in the metatarsal area causes the toes to contract and become "hammered".

Planter Fasciitis (Heel Pain)

Excessive abnormal pronation stretches the planter fascia (a tendon running from the heel bone to the ball of the foot) over and over with every step. Pain is felt underneath the heel due to inflammation of the fascia. Over time a bony spur can develop where the fascia connects to the heel bone, which is known as a heel spur.



Achilles Tendonitis

Achilles tendonitis is the inflammation of the Achilles tendon which runs from the back of the heel to the calf muscle. This strong tendon acts to stabilize the foot, but over pronation can stretch the tendon causing it to become inflamed and painful.