

Like to find out more?

To find out how Ballarat Community Health might be able to assist you in reaching your full health potential, drop in to any of our sites or call our central number:

5338 4500

Ballarat City Centre

710 Sturt St

Ballarat East Centre (APROTCH)

Cnr Queen St & Dyte Pde

- **Sebastopol Centre**

260 Vickers St

- **Wendouree Centre** (Cooinda)

10 Learmonth Rd

Administration

PO Box 1156, Bakery Hill MC, VIC 3354

T 5338 4500

F 5331 5470

E info@bchc.org.au

W www.bchc.org.au

**Professional &
affordable foot care**
for all ages

Podiatry: The next step to a healthier you!

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.

How we can help you!

- Foot and leg pain should not be a part of your daily life and can often restrict a person's mobility and good health.
- Foot and leg alignment can have a significant effect on the development of painful problems during sport, at work or in daily life.
- Foot health care begins at any age, the earlier the better! Early detection and management in babies and children can help reduce foot problems in later life.

What we offer:

Ballarat Community Health Podiatrists are located at our **Wendouree** and **Sebastopol** sites. The service is prioritised to individuals on a healthcare card or pension.

- **Gait analysis/orthoses**
- **Diabetic care & assessments**
- **General treatment**
- **Ingrown toenails / nail surgery**
- **Footwear advice**
- **Educational programs**

SCUFF (Self Care Understanding for Feet)

SCUFF is a two hour presentation by a podiatrist on presentation and management of common foot conditions.

We pride ourselves on providing quality foot care and education to our clients.

We provide educational talks to community groups on a range of podiatric issues.