

Foot Pain Diagnosis and Management

The foot is a very complex structure which is exposed to significant forces during day to day activities. Foot pain is a common complaint with over 80% of the population having a foot problem at some time in their lives. Podiatrists are the medical professionals who diagnose and treat all foot pain conditions.

Biomechanical Malfunction

Biomechanics is the way in which the body uses its skeleton and muscle systems for movement. When the body's function is less than optimal pain and injury can result. Comprehensive assessment can identify any biomechanical malfunction that is causing pain.

Sports Injury Prevention and Rehabilitation

Many sports injuries are the result of repetitive overuse of body structures due to imbalances in the athlete's biomechanical function. Optimising function to aid in the prevention and rehabilitation of injury is a key focus at **resonance podiatry**.

Foot Manipulation Therapy

Foot manipulation is a treatment modality aimed at improving joint range of motion that is causing mechanical malalignment of the foot. It involves physical mobilisation and manipulation of joints, combined with strengthening and stretching exercises by the patient. It is a great supplement to traditional treatments such as orthotic therapy and surgical intervention.



Gait and Postural Analysis

This process involves the use of specialised, computer-interfaced video cameras to measure patient motion; force platforms imbedded in a walkway to monitor the forces and torques occurring between the walking patient and the ground; and sophisticated software which provides accurate data. Interpretation of the data at **gait diagnostics** is essential so that a management plan to address the issues can be implemented.

Orthoses Prescription

Foot orthoses are specialised prescribed inserts that are worn in your shoes to aid in the management of biomechanical imbalances, to improve function and reduce pain.

Medical Footwear for Men and Woman

resonance podiatry stocks a high quality range of footwear that maximises comfort and function for a large range of conditions.

The Diabetic and 'Increased Risk Foot'

Diabetes and other chronic conditions such as arthritis, stroke, and vascular impairment can lead to serious foot problems. At **resonance podiatry** we have podiatrists specialised in the prevention, education and management of these complications.

Surgical Management of Ingrown Toenails and Verrucae

Ingrown toenails and verrucas are painful and common conditions that can be resolved permanently using local anaesthetic and simple surgical techniques with minimal discomfort. If treated early enough both of these conditions can often be managed conservatively without the need for surgery. At **resonance podiatry** we will provide professional advice on the best treatment for your particular situation.

Pre and Post Surgical Evaluation

Foot and lower limb surgery, whether it be bunion, hammer toe, foot, knee, hip or back surgery, can significantly affect the way in which you function. At **resonance podiatry** we have the technology and expertise to assess your stance, posture, balance and gait and to provide you with a treatment plan to bring you back your best.

Comfort Care

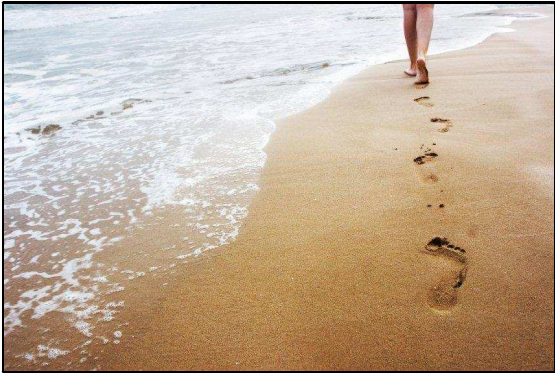
Corns, calluses, hard skin, and thickened toenails are often a sign of other underlying foot problems and at **resonance podiatry** we are passionate about identifying and resolving the cause of your foot pain not just managing the symptoms.

What is Podiatry...

A podiatrist is a qualified health professional that specialises in the field of assessment, prevention, diagnosis and treatment of injuries to the foot, ankle and lower leg and medical conditions that affect the lower limb and foot.

At **resonance podiatry** we offer comprehensive assessment and treatment in all aspects of podiatry to reduce pain and discomfort, rehabilitate from injury and improve day to day function and mobility.

resonance podiatry is proud to be providing high quality specialist podiatry care to the wider Wellington region and its surrounding suburbs. Currently we offer our services to Porirua City, Hutt City and the Wellington CBD.



Contact Details...

@ **Head Office**
3/107 Mana Esplanade
Mana
Ph (04) 233 9110

@ **Capital Sports Medicine**
Old Public Trust Building
131-135 Lambton Quay
Wellington CBD
Ph (04) 499 5732

@ **Hutt Physiotherapy**
Bloomfield House
50 Bloomfield Terrace
Lower Hutt City
Ph (04) 570 2377

@ **Arena Health & Sports Medicine**
17 Parumoana Street
Porirua City
Ph (04) 238 9181

resonance podiatry
stepping forward

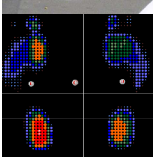
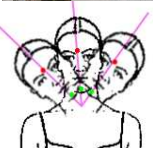
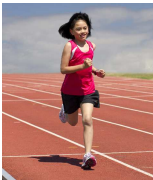
www.respod.co.nz

Lisa Whiteman Podiatry Group

In Partnership With...



resonance podiatry
stepping forward



walk (wôk) **vi.** ME [walken <----OE *wealcan.* to roll, journey, akin to Ger *walken*, Frank**walken* to full (cloth), stamp <----IE* *wolg* <----base**wel-*, to turn, roll, ---->L *volvere*, to roll, Gr *eilyein*, to rollup, wrap] to go along or move about on foot at a moderate pace; sepcif., to move by placing one foot firmly before lifting either of the others, as four legged creatures do, to go about on foot for exercise of pleasure; hike vt. to tranverse, **N.** the act of walking, a route traversed by walking, to take a **walk, walk, walk, walk**