

BCH Services Guide - Podiatry

Ballarat Community Health's Podiatrists are located at the Lucas, Coinda (Wendouree), Sebastopol and Smythesdale sites. We provide professional & affordable foot care for all ages, with service prioritised to individuals on a healthcare card or pension.

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

Podiatrists are also available for educational talks to community groups on a range of podiatric issues.

How we can help you!

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.

- 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.

Factsheets

- [Bowed Legs \(Genu Varum\)](#)

To find out more about these or other services at Ballarat Community Health, visit a site near you or call 5338 4500.

SCUFF

SelfCare Understanding for Feet (SCUFF)

SCUFF educates people about self management of their foot health and care. Sessions are available to community groups upon request.

Program Information

What is it about?

SCUFF educates people about self management of their foot health and care. Sessions are available to community groups upon request.

Who is it for?

Clients who have difficulty maintaining their toenails are provided with long- handled nail files; they



and their carers are educated on self care.

Clients with corns and calluses are advised to make footwear changes as this is often the cause of problems. Information about appropriate footwear will be provided during the SCUFF sessions.

Where and when is it held?

Thursday, 14 February 2019 - 3:00pm

How much time will it take?

1 hour

Who provides it?

Podiatrist

How do I get into the program?

Phone Ballarat Community Health on 5338 4593 to speak to the Intake worker or fax 5339 3044

Other Information

SCUFF groups are offered throughout the year as well as upon request.