

## Fact Sheet

# Sports Injury Management

Highett Podiatry is adept at treating all aspects of Podiatric Sports Medicine.

Podiatric Sports Medicine is a specialised field of Podiatric Medicine dealing with the treatment of athletes and lower limb injuries. Highett Podiatry has a long history of treating elite and recreational sports patients. From runners, to football and basketball players and dancers, all your lower limb injuries and pains are covered.

### **How is my injury assessed?**

During your appointment your injury will be assessed comprehensively. This includes thorough assessment of your pathology, your injury history, footwear, as well as an assessment of your complete lower limb biomechanics and alignment. Using the information acquired from your assessment, a management plan is discussed with you and implemented.

We believe in evidenced based sports medicine of the highest calibre and are members of Sports Medicine Australia and the Australasian Academy of Podiatric Sports Medicine (AAPSM) who collectively promote the study of advancing sports medicine.

### **Biomechanical and gait analysis**

Biomechanical and gait analysis will accurately assess your walking or running style, which may be used to help diagnose the cause of existing problems and often prevent future overuse syndromes that your current running style may predispose you to. Running efficiency is vital for injury prevention.



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### How is my injury assessed?

#### Customised Orthotics

Devices made specifically for your foot and your lower limb alignment needs. Customised orthotics are very durable and are able to be constructed with the most precise and specific biomechanical adjustments and angles to have you functioning at your most efficient alignment injury free.

#### Lower limb screening

Lower limb injury screening will keep you injury free by identifying weaknesses and abnormalities. Together with strength and stretching exercises, you can maintain your running and riding km's, or keep you on the playing field.

#### Footwear assessment and advice

Identifying your foot type and the appropriate footwear to help you stay injury free.

#### Treatment plans and programs for pathologies such as:

- Neuromas
- Calf strains and tears
- Achilles tendonopathy
- Numb toes
- Knee pain/retro-patella chondralgia (runners knee)
- Knee osteoarthritis
- Ankle ligament sprains, restrictions and pain
- Shin splints (periostitis)
- Plantar fasciitis/heel spurs
- Stress fractures/stress reactions
- Metatarsalgia
- Bunions/ Hallux abducto valgus (HAV)
- Sever's disease



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#### ALWAYS CONSULT A TRAINED PROFESSIONAL

The information in this resource is general in nature and is only intended to provide a summary of the subject matter covered. It is not a substitute for medical advice and you should always consult a trained professional practising in the area of medicine in relation to any injury or condition. You use or rely on information in this resource at your own risk and no party involved in the production of this resource accepts any responsibility for the information contained within it or your use of that information.