

What makes Sportswise different

The **podiatrist** works as part of a close-knit multi-disciplinary team and has specialist knowledge of injuries of the lower limb.

We take a holistic approach to diagnosis and management to optimise treatment and prevent the problem recurring. At Sportswise we pride ourselves on not just treating your symptoms but also identifying the underlying cause of your problem so that we can treat it effectively and help you to return as soon as possible to your normal activity or sport. We have the latest equipment and facilities at the clinic to use when needed.

Podiatry

Podiatric Biomechanics is the area of science concerned with the analysis of the mechanics of human movement, focusing on the foot and ankle. It explains the part the lower limb plays in the movement of the human body. The Podiatrist will assess issues relating to:

- running or walking technique
- the effect of the interaction between the muscles and joints in the lower limbs
- footwear choices for optimum performance and prevention of injury



Who will benefit

Podiatry can help with issues relating to the alignment and function of the lower limb during walking or running - supporting those recovering from injury or solving issues in sport or exercise.

Common conditions treated

Plantar fasciitis, forefoot pain, Achilles tendon pain, ankle and knee joint problems, low back pain, growth-related problems in children.

Your first consultation

During a 60 minute consultation the podiatrist will take a detailed history and perform a physical examination to assess the problem.

Assessment will include:

- Full Biomechanical assessment
- Video gait analysis (if indicated)

From this a provisional diagnosis and treatment plan tailored to your specific needs can be explained to you.

Some initial treatment will usually be carried out during the first appointment.



Treatments

- Advice
- Exercises (including online access)
- Providing prescription foot supports (orthotics)
- Running re-education advice
- Providing semi-bespoke footwear including built in raises

The podiatrist can also provide onward referral to our in-house team for:

- Physiotherapy
- Sports medicine consultant opinion for:
 - Ultrasound guided injection
 - Diagnostic ultrasound (on site)
 - X-ray/MRI scan (external)
- Sports massage
- Pilates exercise

The podiatrist can also refer for surgical opinion to local specialists and liaise with your GP.

Our podiatrist is a State Registered member with the Health & Care Professions Council (HCPC). This means he has recognised qualifications, has professional liability insurance and is governed by a professional code of conduct.



Charges

Initial consultation (60 minutes)	£75
Follow-up review (30 minutes)	£40
Custom made orthotics	£225

These charges apply only to treatment that is paid for on the day of the appointment. Treatment may be covered under some private medical insurance policies – please check with your provider.

To find out more about the clinic as a whole, as well as information on specific treatments and profiles of all our practitioners, please visit our website

www.sportswise.org.uk



Contact us:

For advice or an appointment
please telephone 01323 745970
or email reception@sportswise.org

Sportswise is based on the Eastbourne campus of the University of Brighton.



Sportswise Ltd
The Welkin Building, University of Brighton
Carlisle Road, Eastbourne, East Sussex, BN20 7SN

Registered Office: 5 North Street, Hailsham, BN27 1DQ
Registered in England No. 3412127

Podiatry



Tel: 01323 745970
www.sportswise.org.uk