

### Other services offered:

- Physiotherapy
- Occupational Therapy
- Continence Clinics
- Speech Pathology
- Falls Prevention
- Chronic Conditions
- Self-Management Programs (eg stroke, arthritis, diabetes, Parkinson's Disease)
- Exercise Programs
- Health Promotion

### Fees

Resthaven Therapy Services are funded by the Australian Government Department of Health and Ageing.

There is a recommended fee structure which acts as a guide for the fees charged.

Fees may be negotiated where the recommended fee is beyond an individual's financial capacity.

### Interpreter Services

Use of an appropriately qualified, accredited interpreter can be arranged with the Translating and Interpreting Service of the Department of Immigration and Ethnic Affairs, telephone 131 450.



An Australian Government Initiative

## Resthaven Therapy Services

### Locations

#### Resthaven Northern Community Services

16 Gillingham Road, Elizabeth 5112  
Telephone (08) 8252 6811  
northernocs@resthaven.asn.au

#### Resthaven Marion Community Services

43 Finniss Street, Marion SA, 5043  
Telephone (08) 8296 4042  
marionocs@resthaven.asn.au

#### Resthaven Paradise & Eastern Community Services

61 Silkes Road, Paradise SA, 5075  
Telephone (08) 8337 4371  
peocs@resthaven.asn.au

For more information about the range of services offered by Resthaven, visit:

[www.resthaven.asn.au](http://www.resthaven.asn.au)



## Podiatry



## Resthaven Podiatry Services Offer:

- Comprehensive assessment
- Individual treatment & management plans
- Advice and education
- footwear recommendations
- Orthotic prescriptions.

Podiatrists are trained in the diagnosis, prevention and treatment of foot disorders.

A doctor or health professional's referral is required.

Problems that may require podiatry intervention include:

- corns
- callouses
- tinea
- flat feet
- thick nails
- heel spurs
- planter warts
- chilblains
- cracked heels
- sore feet
- tendonitis
- shin splints
- heel bumps
- ulcers
- ingrown toenails.

People with foot problems need a thorough assessment by a podiatrist who can advise on the most appropriate individual treatment options.

## Mobility

Mobility is a key factor in achieving a happy and healthy older age. Being able to move around freely and comfortably is essential to quality of life, health and wellbeing. Comfortable feet make an active lifestyle easier. People with painful feet will do as little walking as possible. However, podiatry can help. If your feet feel good, you feel good all over!

## Corns and Callouses

Most corns and callouses are caused by repeated friction and pressure from shoes, etc. Some result from a more serious condition, such as a bone deformity.

The podiatrist can recommend treatment. Self treatment can be harmful, especially for people with diabetes or poor circulation.

## Nails

Regular care of the nails is essential. They should be cut straight across and filed.

## Footwear

Shoe selection is most important for everyone. Footwear is primarily to protect the feet from injury, and it is critical that shoes fit the wearer. Ill-fitting footwear causes many problems.

Podiatrists are trained to give advice on the most appropriate shoes for each individual.

## Diabetes

As people age, diabetes is more likely to develop. Some diabetics have poor blood circulation and reduced sensation in their feet. Poor circulation means that any cuts, etc, may not heal well and may be prone to infection.

People with diabetes can lose the feeling in their feet, making them vulnerable to injuries. Their feet should be checked by a Podiatrist annually or as advised to determine the health status of their feet, whether they are at risk of developing foot problems in the future.