



TOP 10 THINGS TO KNOW BEFORE CHOOSING YOUR PODIATRIST



Dr Brenden Brown
Podiatrist

Top 10 Things to Know before Choosing Your Podiatrist

Hi there,

If you suffer from foot or ankle pain that is preventing you from living your life to its fullest, that is being active, spending time with your loved ones or keeping up with your fitness goals then you are in the right place.

Everyone's feet are different, and so are the ways in which podiatrists treat foot problems. In your search to find the best podiatrist for your needs, you may feel overwhelmed by all of the options available. How can you know if a podiatrist truly understands your needs and how to treat your unique pain effectively?

At A Step Ahead Foot + Ankle care, our goal is to help you on your way to happy, healthy and active. We do this by treating each patient as an individual not a condition. Each patient is educated about what is really going on with their problem, make sure you know all of your options, and give you the best treatment possible. Our greatest delight is derived from hearing our patients tell us that they are able to get back into doing the things they LOVE because they are now PAIN FREE.

Choosing a podiatrist is no easy task, podiatrists are definitely NOT all the same. To help you make the best decision, you need to be able to identify what to look for. That's why I've put together this report, "Top 10 Things You Should Know Before Choosing a Podiatrist." Our goal is to inform you and help you learn about what aspects of choosing a podiatrist are important from a patient's perspective. This way, you can choose a doctor who best suits your needs... even if it isn't us.

All the very best,

Dr. Brenden Brown

P.S. Your foot or ankle pain may be more serious than you think, so when you're ready, I invite you to call us with any questions or to set up your initial consultation. You can go to www.asteahead.com.au to request an appointment time or call our very helpful front desk team on 96732987



1

ARE THEY BOARD REGISTERED?



It is very natural to want to feel secure about your doctor's education, and qualifications. All our doctors are fully qualified Podiatrists, foot doctors who have undertaken the necessary educational and clinical experience required by the AHPRA board to be registered in Australia. Additionally, our doctors all regularly undertake continuing education to maintain their registration and to keep ahead of the latest trends in Podiatric Medicine. Our doctors due to their work in the sporting field are also members of Sports Medicine Australia, again regularly attending education and conferences to stay ahead of the curve in the sport medicine field.

2

DO THEY FULLY UNDERSTAND YOUR NEEDS?



A podiatrist should take the time to sit down with you and take a consultative approach. We believe “medicine is about people not conditions” (A quote from Dr Brenden our Principal Podiatrist) This essentially means that they listen to not only your symptoms but importantly your hopes around getting back to activity and doing the things you LOVE, time being able to ACTIVELY play with your kids, get back to sport or fitness. With this in mind we will then discuss options with you. A good podiatrist will partner with you to discuss your concerns, answer all of your questions, and decide on the best treatment options for your condition as well as your lifestyle.

At A Step Ahead Foot + Ankle care, all of our doctors consider themselves your partners in podiatry. We’ll discuss your options with you, go over the details of each option, and guide you toward the best possible result. Your feet are your foundation, and we want to treat them with the utmost care. All with an eye on helping you get back to happy healthy and active!

You’re probably wondering what kind of atmosphere or environment a podiatrist’s office offers. The truth is, this varies from one practice to the next, and one podiatrist to the next. It also depends a little on what kind of practice they have as well as what their personal preferences are.

At A Step Ahead, our office is friendly welcoming and warm from the moment you arrive. If you prefer a warm, independently owned office environment, we can offer you that. Our doctors and staff are friendly and always ready to help you with whatever you may need.

3

WHAT TYPE OF PATIENTS DO THEY SEE?



Let's be up front, some podiatrist are brilliant at looking after older patients general nail and foot care. They do an amazing job of caring for amazing older Australians! They will remove corns, hard dry skin and look after the foot care for patients with diabetes. However, this is not our focus!

Our doctors have a special interest in helping patients with the following

- Sports injuries
- Heel pain
- Kids foot problems concerns or pain
- Musculoskeletal problems and pain
- Ingrown nail surgery (In rooms)
- Biomechanical problems

4

ARE YOU LOOKING FOR BIG BUSINESS CORPORATES or SMALL BUSINESS PERSONALISE CARE

We completely appreciate the differing needs of patients in the community. There are a variety of different types of clinics now available to patients. With the commercialisation of medicine many clinics have joined large corporate bodies or joined multiple clinics to build mega “one stop shops”.

Despite being offered to join these large corporates, the doctors at A Step Ahead Foot + Ankle care took the decision to stay small and focus their efforts on high end quality personalised care. Our doctors focus on you as a person not as another number through the door or a statistic.

Big corporates are very well suited to some patients, they often have longer trading hours, working weekends and late into the night. They may offer larger spacious waiting areas with beautiful décor. They are often also a brilliant training ground for young practitioners.

At A Step Ahead Foot + Ankle care we pride ourselves on immaculate fresh welcoming professional rooms with super friendly team members who you will get to know by name. We proudly offer appointments early in the mornings to help our wonderful patients get to work on time and later afternoon appointments.

We have a small dedicated team of Doctors who are highly trained professionals with years of experience and highly regarded amongst their peers. This is demonstrated by the waiting list of junior doctors who apply to undertake our rigorous and extensive training programs. Despite an oversupply of applicants, we take on very few doctors to our registrar program as we believe quality care backed with experience is our priority. Yes the old fashioned QUALITY not quantity!

Sadly our clinics don't have chandeliers!

5

DO THEY USE THE LATEST IN TECHNOLOGY AND TREATMENT?



While every Podiatrist is required to meet the minimum requirements for basic patient care, the best invest in continuing education and innovative new equipment so they can give their patients access to the best technology and treatment options available.

As you do your research on podiatrists, it helps to find out whether they have any limitations as to what treatments they can offer. Certain equipment is important for a podiatrist to have access to. Are they simply focused on cutting your grandmas nails and hard skin or are they set up and equipped to deal with your musculoskeletal injury needs?

By having high-tech diagnostic equipment and treatment options on site, A Step Ahead can often diagnose and treat a wide range of foot and ankle conditions without delay. This eliminates the need to refer patients to off-site labs or third-party clinicians. It's all part of our investment in effective and efficient patient care.

6

DO THEY SEE PATIENTS OF ALL AGES?



All Podiatrists are qualified to look after feet. However, some Podiatrist are more equipped than others to see certain types of patients. Many podiatrists are set up for general care, caring for older patients with general nail and skin care needs. They may go days or weeks without seeing complex or more specialised conditions like Heel pain, Kids with foot pain or sports medicine and musculoskeletal problems.

Paediatric podiatry is a special area of Podiatry and not all podiatrists have the necessary training to effectively tackle conditions such as tarsal coalition (also known as rigid paediatric flatfoot) or in-toeing that are more common in children. Before taking your child to a new podiatrist, ask whether they have the specialized training necessary to see to the unique needs of pint-sized patients.

Sports podiatry and musculoskeletal problems are often very complex and as you'd probably have already realised seeing these conditions on a day to day All day basis makes you far better prepared to deal with their intricacies.

Heel pain can be 1 , 2 or a number of different conditions, many times this complex condition is diagnosed and lumped into the same condition "Plantar fasciitis" if you don't see this all day it's easy to think it all sounds the same.

While the team at A Step Ahead Foot + Ankle care see patients of all ages, we have special skills in seeing the above patients. We shy away from caring for your nans toe nails and dry skin and spend our days getting excited about Heel pain and helping kids get back to activity!

7

DO THEY RECOMMEND TREATMENTS, BESIDES SURGERY?



9 out of 10 times, foot surgery isn't necessary for most patients. Though there are some cases where this is a necessary last resort, there are many alternatives to having foot surgery today.

Many podiatrists who aren't experienced in Sports podiatry and musculoskeletal problems are often quick to refer patients off to surgery when their first attempt at treatment doesn't work. Experienced Podiatrist will be able to run through a number of treatment alternatives. Technological advances have made your options numerous, and your podiatrist should be able to work with you to find the best options available for your needs.

At A Step Ahead Foot + Ankle care, you have the option of a wide variety of treatments, surgery being a last resort. The human body is amazing in its power to heal, and we've learned to work with it to make treatments easy, safe, and as pain-free as possible.

8

DO THEY OFFER SAME DAY APPOINTMENTS?



Sometimes waiting to be seen for your foot pain is simply not an option. As our clinics focus is on active families and sports injuries we leave a small number of appointments free each day for patients with new or urgent injuries.

While the majority of your appointments will be scheduled weeks or even months in advance, it's nice to know that with some flexibility from you, your doctor is ready and willing to address any concerns you have regarding your condition in a timely manner.

As a sports medicine patient with A Step Ahead Foot + Ankle Care, you'll have access to the care you need, when you need it. Depending on your unique situation, you may be able to receive same day treatment as well. Our podiatrists want to make sure you live the life you want, pain-free. Solutions for your pain is our top priority.

9

DO THEY HAVE EXPERIENCE?



Your podiatrist should have some experience under their belt. Typically, the more experience someone has, the better they are at what they do. When it comes to your health, you should be especially discerning – and this includes treatment for foot or ankle pain, or any other problems concerning the feet.

Many of our Doctors have decades of experience in sports Podiatry. Even our younger doctors despite their age have on average seen hundreds more sports patients than many podiatrists with over 20 years' experience due to the fact that this is what they see all day every day! They have also undertaken a rigorous registrar training program directly overseen by one of our senior doctors.

Our time in practice and the vast number of patients who have found pain relief and reclaimed their active lives are a testament to our commitment to you.

10

ARE THEY EXPERTS IN THEIR FIELD?



Is your podiatrist highly regarded by his or her peers? Has your doctor participated in research studies, taught at a college or university, been featured on the lecture circuit, trained in innovative new techniques and established him or herself as a leader in the medical community? Have they been featured as medical experts in the media on radio TV and print?

At A Step Ahead Foot + Ankle Care, all of our doctors have unique expertise. Our doctors have all spent time lecturing other health practitioners such as general practitioners, physiotherapists and podiatrists.

As a patient, you can rest easy knowing that your podiatry care is in the hands of an experienced group of podiatrists. Ultimately, our goal is to give you the greatest care possible, and we know in order to do this we have to remain educated on the latest and greatest treatment options and technologies! In the process we are also trying to help other practitioners, by lecturing to them and teaching them many of our innovative techniques.

IMPORTANT: DO THEY ACCEPT MOST INSURANCES?

Health Insurance often raises questions for people who have foot or ankle pain. Our clinics are equipped with on the spot claiming. We are registered and recognised by Australia's top health funds.

We also work closely with Workers compensation insurers and are happy to work with you and your employer to ensure you get the best quality care.

To find out what your options are, ask questions, and learn how we can help you and your unique case, please give us a call at 96732987.

