

All Department

- GENERAL PODIATRY
- INGROWN TOENAIL SURGERY
- CHILDREN'S PODIATRY
- SPORTS PODIATRY
- ORTHOTIC THERAPY
- FUNCTIONAL / BIOMECHANICAL ASSESSMENTS
- STRENGTH AND CONDITIONING
- HEEL PAIN**
- DRY NEEDLING THERAPY
- SHOCKWAVE THERAPY
- DIABETIC FOOT CARE



HEEL PAIN TREATMENTS:

At The Foot Movement Podiatry Clinic, we understand the debilitating effects of heel pain, including the common condition known as plantar fasciitis. If you're in Carlingford, Northmead or Concord or any surrounding suburb seeking effective heel pain treatment, we're here to help you find relief and get back on your feet!

Our Sports Podiatrist in Carlingford, Northmead and Concord offers thorough functional and biomechanical assessments. This service is available to provide an appropriate treatment plan for your condition and these services are made available in those three clinics as well as made accessible to the local community of the surrounding suburbs of Winston Hills, Baulkham Hills, Constitution Hill, Glenhaven, Dural, Castle Hill, North Parramatta, North Rocks, Telopia, West Pennant Hills, Beecroft, Toongabbie, Old Toongabbie, West Pennant Hills, Wentworthville, Westmead and Cherrybrook.

Heel pain can significantly impact your daily activities and quality of life. Whether you're an athlete, a professional on your feet all day, or simply someone looking to enjoy pain-free mobility, our dedicated Sports Podiatrist in Carlingford, Northmead and Concord specializes in treating heel pain and related conditions.

Is my Heel Pain Plantar Fasciitis?? Seems Like It?

Not all heel pain is plantar fasciitis. Getting the correct diagnosis is important as it impacts the delivery of an effective treatment plan. Our Sports Podiatrist in Carlingford, Northmead and Concord will perform a detailed biomechanical assessment and provide a tailored treatment plan to meet your goals.

There are many conditions that present as heel pain such as:

- ✔ Insertional and Mid – Portion Achilles Tendinopathy
- ✔ Baxter's Nerve Entrapments
- ✔ Sural Nerve Irritation
- ✔ Peroneal Tendinopathy
- ✔ Tibialis Posterior Tendinopathy
- ✔ Accessory Os Naviculare
- ✔ Sever's Disease (Calcaneal Apophysitis)

Our Treatment Therapies / Modalities:

We offer many treatment/therapy options which vary for each patient. Our Sports Podiatrist in Northmead, Carlingford and Concord will carefully diagnose and provide a treatment suitable. Our treatments can include:

- ✔ Shockwave Therapy
- ✔ Dry Needling
- ✔ Custom Foot Orthotics
- ✔ Strength and Conditioning
- ✔ Footwear Advice
- ✔ Deep Tissue Massage
- ✔ Foot Mobilisation Techniques
- ✔ Gait re - training and Ques
- ✔ Instrumented Massage Techniques IASTM

This explains why a biomechanical assessment is important to develop a suitable treatment plan for you. One of the advanced treatments we offer for heel pain is **shockwave therapy**. This non-invasive procedure utilizes high-energy sound waves to stimulate the body's natural healing processes and promote tissue regeneration. Shockwave therapy has shown great success in relieving heel pain caused by plantar fasciitis, achilles tendinopathy and other foot conditions.

At The Foot Movement Podiatry Clinic, we specialize in utilizing shockwave therapy as part of our comprehensive approach to heel pain treatment. Our experienced podiatrists will assess your condition, determine if shockwave therapy is suitable for you, and customize a treatment plan specific to your needs.

Locations

Conveniently situated close to Constitution Hill, our Northmead, Carlingford and Concord clinics offer ample accessible parking, ensuring a hassle free experience for our valued patients. You can easily reach us at the following two locations:

Northmead Location:
[Click here to book](#)

Concord Location
[Click here to book](#)

Carlingford Location
[Click here to book](#)

At The Foot Movement Podiatry Clinic, we believe in providing care for patients of ALL AGES. Whether you're a child, adult, or senior, our Podiatrist has the expertise and knowledge to address your specific foot and lower limb concerns. We understand the unique needs of different age groups and tailor our treatments accordingly, ensuring optimal outcomes for every patient.

Make a Booking Today

Booking an appointment with us is quick and easy. Simply visit our online booking portal and register to make a booking by clicking **BOOK NOW** and utilize our convenient online booking system. Alternatively, you can contact us on:

0413172014

Don't let heel pain hold you back any longer. Take the first step towards relief and book an appointment with The Foot Movement Podiatry Clinic today. **Click Here to Book** and regain your freedom from heel pain. Our expert Podiatrists are dedicated to helping you achieve optimal foot health and back to living your life to the fullest.

Book an Assessment now with one of our Podiatrists!

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The Foot Movement Podiatry offers quality podiatry care to the locals of Northmead and Carlingford communities.

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