



GENERAL PODIATRY CHECK LIST

DO YOU SUFFER FROM:

- Aches and / or pains in toes, feet, ankles or legs?
- Flat feet or high arched feet?
- Bunions or unusual lumps or bumps?
- Toe concerns hammer toes or overlapping toes?
- Trouble walking, standing or exercising?
- Orthoses or insoles that are uncomfortable?
- Trouble finding comfortable shoes to fit properly?
- Toenail concerns thick, ingrown, hard to cut?
- Skin problems corns, callus, wart, tinea?
- Health problems diabetes or arthritis?

CALL ON
08 8297 4808
TO MAKE AN APPOINTMENT

By managing your foot care needs, we can play a key role in assisting you to improve your physical activity and fitness.

With two clinics conveniently located in Adelaide, we make looking after your feet easy.

With appointments available from Monday to Saturday, we've got your feet covered!



Plympton 287d Anzac Highway, Plympton
(opposite the highway hotel)

P 08 8297 4808 F 08 8297 4800

Unley (Physio Friend) 2/78 Unley Road, Unley

P 08 8297 4808 F 08 8297 4800

O'Halloran Hill Medical Centre

107A Main South Road, O'Halloran Hill

P 08 7127 1566 F 08 7127 1566

E: reception@podiatryservicessa.com.au

WWW.PODIATRYSERVICESSA.COM

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