



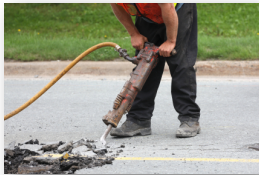
It is common for people to sustain work injuries. We see people who work on uneven surfaces (e.g. - building or road work sites etc) or those who are on their feet all day (e.g. nurses, hospitality workers, teachers etc). We assess their condition, shoe wear and environment and develop a treatment plan including advice on correct work shoes or orthotics. This plan can be provided to the employer so we can assist other workers in similar conditions.

Work Injury Management

What are the main issues?

Because we spend so much of our life working, it is commonplace to suffer some form of injury in the workplace.

Some people work in physically strenuous and sometimes dangerous conditions whilst for others it has more to do with the amount of time they are on their feet. Tiredness or moving too quickly can contribute to poor judgement.



We assess the working environment in determining correct footwear.

Common Workplace Injuries?

- sprains & strains in feet and lower limbs
- foot muscle, tendon and soft tissue disorders
- toes and heel injury



Common Causes

- poor posture
- poor balance or gait
- incorrect/inappropriate footwear
- ill fitting footwear (too big / small)
- lack of correct orthotics / support
- inadequate protective shoes

What can Feet First do?

If your employer does not offer podiatric assessment, we will accept you as a private patient.

Your employer can contact us directly to discuss our workplace services. We conduct physical assessments of each worker to determine whether their current footwear fits properly, if their shoes have proper support and protection, and whether their shoes are suited their working environment - e.g. steel caps, non-slip etc.

Stay safe and see you soon.

Esther

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OTHER CLINICS LOCATIONS
Ashfield / Enmore / Marrickville

