

# CONSERVATIVE TREATMENT FOR LOWER LIMB CONDITIONS



## MUSCLE & JOINT PAIN

- Plantar Fasciitis (Heel Pain)
- Achilles Tendonitis
- Pain in the Foot / Ankle / Knee
- Bunions
- Toe Deformities
- Heel / Bone Spur
- PTTD
- Shin Splint
- Flat Feet / High Arch
- Arthritis
- Sprains & Fractures
- Leg Length Difference
- Nerve Impingement
- Avascular Necrosis

## SOFT TISSUE CONDITIONS

- Warts / Verrucae
- Ingrown Toenail
- Corns & Calluses
- Fungal Nail
- Athlete's Foot / Skin Infection
- Diabetic Foot (Singapore Diabetic Foot Centre)
- Nail Trauma
- Cracked Heels
- Skin / Nail Discolouration
- Neuroma
- Bursitis

## CHILDREN'S FEET CONDITIONS

- Knock Knees
- Congenital Flat Feet
- Gait & Postural Issues
- Joint Hypermobility Syndrome
- Toe-Walking
- In-Toeing / Out-Toeing
- Juvenile Bunions
- Growing Pains

### Clinic Locations

**Orchard (beside The Paragon)** (+65) 6884 4123  
302 Orchard Road, Tong Building #09-02  
Singapore 238862

- Orchard Station (NS22)
- Wheelchair accessible via main entrance ramp
- Carpark available at Lucky Plaza, The Paragon & Tangs Plaza

**Novena (Novena MRT)** (+65) 6235 2132  
10 Sinaran Drive, Novena Medical Center  
#08-12/13, Singapore 307506

- Novena Station (NS20)
- Wheelchair accessible via passenger lifts
- Carpark available within Novena Medical Center & Square2

**Kembangan (across Kembangan MRT)** (+65) 6848 5156  
18 Jalan Masjid, Kembangan Plaza #B1-02  
Singapore 418944

**Paediatrics Foot Clinic**  
18 Jalan Masjid, Kembangan Plaza #B1-04/05 (+65) 6848 5156  
Singapore 418944

- Kembangan Station (EW6)
- Wheelchair accessible via Jalan Masjid entrance
- Carpark available within Kembangan Plaza & Kembangan Court



## SPECIALISED FOOT CLINIC

East Coast Podiatry is a specialist clinic for conservative treatment of the foot, ankle and associated structures of the lower limb.

A wide range of disorders or aches in the body including general pain up to the knees, hip or back could be a result of a foot condition.

Podiatrists offer expert foot care advice and treatment solutions, as well as preventative measures for patients to avoid the need for surgery.



## PRESCRIPTION SHOE INSOLES

Podiatrist designed Custom Foot Orthotics are prescription based shoe insoles that are specifically crafted to support and match the contours of your feet.

Mechanically, the properties of foot orthotics ensure the correct positioning of the bones in the feet, ankles and knees. An accurately prescribed custom foot orthotic puts the foot in an ideal position at every stage of walking, running and pivoting.



Every pair is patient-specific and are only prescribed when it is medically necessary to address underlying problems diagnosed through a detailed clinical and biomechanical examination.

## FOOT & HEEL PAIN



Plantar Fasciitis, Achilles Tendonitis and Posterior Tibial Tendonitis are conditions that can cause foot pain and deformities. Sharp heel pain in the morning or unbearable foot pain during the day are symptoms that shouldn't be ignored. Fast, effective and non-surgical solutions can get you back on your feet again in no time.

## FLAT FOOT



Foot arches can collapse causing a chain reaction through the body, affecting the knees, hips and spine. Standing posture and walking gait can be corrected with prescription shoe insoles and appropriate footwear.

## BUNIONS



Bunions are not bony growths. They are actually a subluxation of the big toe. Bunions can start developing during early childhood. Prevention, maintenance or surgery are possible treatment options. Consult with your Podiatrist to find out which is best for you.

## FUNGAL NAIL



Nail fungus can be very resistant to conventional treatments and can spread to other toe or fingernails. Photodynamic antimicrobial therapy is a safe, painless and effective treatment for fungal infections on nails and skin surfaces.

## KNEE PAIN



Knee pain is a common symptom that is often caused by injury or underlying conditions such as bursitis or arthritis. Seeking treatment early can prevent the condition from worsening and allow you to avoid the need for surgery.

## FOOT DROP



Foot drop occurs when a person has difficulty lifting their forefoot. This is caused by a weakness of certain muscles and is usually a symptom of a greater problem. Customised Ankle-Foot Orthoses (AFO) and treatments using medical devices can help patients regain mobility and be active again.