

Practice Principal

Ms Ainslie Davies

Podiatrists

Mr Martin Liebig

Mrs Tara-Jayne Webber

Reception

Cate & Nicole

When to Book

Tara-Jayne

Monday, Tuesday, Wednesday and Thursday

Martin Ainslie

Tuesday, Wednesday, Thursday
Thursday, Friday

Home and Sunshine Coast Private Hospital

Our podiatrists are accredited to visit the Buderim Private Hospital. Visits are made on Thursday morning.

Home visits can be made outside of these times by prior arrangements with Buderim Podiatry

Parking

The Buderim Medical & Dental Centre has shared ground level car parking, access off Box Street. A wheel chair accessible public toilet is located in the middle of the complex.

You can book your appointment by the **online booking gateway** through www.buderimpodiatry.com.au

Kindly notify, as early as possible, if you are unable to keep an appointment, as these appointments are precious

Practice Fees

A summary schedule of fees is displayed at the front desk and on the website.

There is claiming from your health fund on the spot with HICAPS, leaving only a gap payment at the time of treatment. Gap payments can be made through EFTPOs, MasterCard, Visa or Amex credit cards or cash.

Veterans Affairs

We accept referral from your Doctor if you have a gold Veterans Affairs card or an eligible white card. Referrals are required from your GP, at least annually or on initial visit

Chronic Disease Management

Buderim Podiatry has a policy of using Easyclaim for Medicare referred patients on a "chronic disease plan" from their GP
Payment of full consultation is expected on the day of consultation and then the Medicare rebate is claimed back directly from Medicare as long as you've registered with Medicare.
Fees vary with the complexity and time taken for consultation. Other fees apply for insoles, orthoses etc.
Please note, payment is expected on receipt of services or devices.

Recall system

We have a recall system for annual reviews and checks. Your podiatrist can advise on estimated return times.

Reminder System

We also have an SMS appointment reminder sent the day before appointments. Please inform the Receptionist if you do/ not wish to receive reminders.

Phone Calls

In order to minimize interruptions to consultations, patient related phone calls will be returned by the podiatrist as soon as possible, at a mutually convenient time.

Changing Address

It is very important that we have your correct address and contact details. Please update these at reception as soon as possible after any changes occur.

We encourage our patients to advise reception of their emergency contact, particularly for nail surgery.

We also encourage patients to advise of any significant cultural background eg. Aboriginal and Torres Strait Islander.

Management of Your Personal Health Information

Your medical records are private and confidential. It is the policy of this practice to maintain security at all times and to ensure that this information is only available to authorised members of staff. Our Privacy Policy is available on our website.

<http://buderimpodiatry.com.au/privacy-policy/>

Patient Feedback

If you have a concern or suggestion we would like to hear about it. Please feel free to talk to the Podiatrist or you may prefer to write to us. Written feedback is received by the "contact us" page on our website. We take your concerns, suggestions and complaints seriously. We are always reviewing our patient service and will implement changes that are suitable to practice improvement. See <http://www.safetyandquality.gov.au/national-priorities/charter-of-healthcare-rights/>

Emergency / After Hours

Contact the Sunshine Coast University Hospital

Ph 5202 0000

SERVICES WE PROVIDE

General Foot Care:

Toenail care

Sometimes, reaching your feet or having thick toenails makes it a challenge to cut your toenails. Your podiatrist is able to do this for you.

Hard skin (Corns and Callouses):

Hard skin and painful corns can develop on your feet. Your podiatrist is able to safely treat these; as well as talk to you about ways you can try to help reduce their reoccurrence. Chemical treatments applied to the skin can cause damage without adequate supervision.

Ingrown Toenails:

Ingrown toenails are very painful, and generally will not feel better until they are treated. Your podiatrist can provide regular treatment to try and prevent the reoccurrence. They are also able to perform Ingrown Toenail Surgery to prevent the problem nail growing back again. Local anaesthetic is administered by the podiatrist when required.

Diabetes

Diabetes is a complex progressive condition affecting the whole body. When you have diabetes, your feet are vulnerable to complications due to nerve damage and poor circulation. Your podiatrist can provide diabetic foot assessments to monitor progress, as well as assist in regular treatment of your diabetic feet including ulcer and wound care.

Children:

As children grow and develop their feet and legs go through many changes, sometimes causing pain. Your podiatrist is trained to identify potential or current growth problems, as well as assisting with the best treatment, so your child can continue running pain free.

Falls Prevention:

Falls occur regularly in the over-60s age group and many of them can be prevented. Your podiatrist can make footwear recommendations to reduce your risk of falling, as well helping to reduce your foot pain so you are walking as 'normally' as possible.

Pain

Feet can be very painful part of your body and if left untreated can lead to reduced mobility. Podiatrists can help you with your pain in:

- Big Toe
- Ball of the foot

- Arch of the foot
- Heel
- Ankle
- Whole Foot
- Knee
- Leg

Every person's pain is different and will require a different treatment plan. Some treatments include:

Muscle Trigger Points:

Trigger points (or knots) often form in your muscles causing pain in your feet or legs. Dry needling treatment addresses the problem of knotted muscles. Dry Needling uses acupuncture needles, which release the knot in the muscle allowing it to work correctly. Ask your podiatrist about whether this is an appropriate treatment for you.

Strapping:

Strapping uses a supportive tape to help hold your foot short-term in a more correct position. By supporting your foot, it can assist your podiatrist in developing the best treatment plan for your pain. In some cases, it may help take away your pain completely.

Biomechanical Examination:

Podiatrists are trained in the science of 'biomechanics' – applying their knowledge of anatomy and physics to the study of gait and posture. A Biomechanical Examination evaluates the way you walk as well as how your foot, muscle and joints work. Biomechanical assessment guides your podiatrist to identify the best way to treat your pain or problem.

Orthotic Therapy:

Orthotics are supportive insoles that improve the position of your foot and how your foot functions. We have a variety of orthotics available with a range of price points. Your podiatrist can assist you with finding the correct orthotic solution for your condition, within your footwear needs and budget.

Footwear

Buderim podiatry stocks a range of shoes and sandals to meet the foot health needs of men and women. No appointment is required for a trial fitting; however, some stock may need to be ordered. There are several ranges of sandals and shoes to cater for high arched feet that require cushioning, orthotics, feet that require extra depth, and fabric uppers to accommodate bunions and claw toes.



Practice Information



**Suite 3 Buderim Medical & Dental
Centre Cnr King & Box Streets**

Buderim Q 4556

Ph 5445 1376

www.buderimpodiatry.com.au

Online Appointment Booking Gateway

