

What does a podiatrist do?

Podiatry is so much more than *feet*.

Your feet are your foundation for every step, run, game and walk, so caring for them is about your whole body and the life you want to live. We call it health from the ground up.

REVIEWED BY THE FOOT STUDIO CLINICAL TEAM · UPDATED NOVEMBER 2026

WHO ARE PODIATRISTS?

University-qualified foot and lower limb experts

Podiatrists assess, diagnose, treat and help prevent problems of the feet, ankles and lower limbs. We're registered with the Podiatry Board of Australia through Ahpra.

You don't need a referral to see a podiatrist.

MORE THAN FEET

Health from the ground up

Your feet carry you through every part of your day. When they're comfortable and moving well, it's easier to stay active, and staying active is one of the best things you can do for your health.

How your feet and ankles move can affect your knees, hips and back, so we look at the whole chain, not just where it hurts.

Movement is medicine. Walking, running, sport, chasing kids and grandkids, gardening: movement supports your heart, muscles, bones, balance, mood and sleep. Our job is to help you keep doing it, or get back to it.

WHY IT MATTERS

Your feet can show early signs

Changes in feeling, circulation, skin or nails can be early signs of conditions like diabetes or circulation problems. We work with your GP when something needs a closer look.

Strong feet support independence

Good balance, strength and the right footwear help older adults stay steady, confident and independent.

CONFIDENCE

Confidence starts from the ground up

A strong foundation. When your feet feel strong, steady and comfortable, you move with more confidence. That might be stepping back onto the track after an injury, walking on uneven ground without worrying about a fall, or a child keeping up with their friends at sport.

Confidence in your skin and nails. Many people feel self-conscious about thick, discoloured or ingrown nails, cracked heels or hard skin. We treat skin and nails for their health, not for appearance. When they're cared for, they're comfortable, they're less likely to cause problems, and they look and feel great as a result.

Healthy feet look and feel great. Taking care of your feet helps you feel confident about where you go, what you wear and how you show up.

WHO WE SEE

Kids and families
First steps, growing pains, flat feet, toe walking, school and sports shoes.

Runners, athletes and active people
Injuries, return to sport, training load and footwear.

Older adults
Nail and skin care, balance, footwear and staying independent.

People with diabetes
Foot checks, risk assessment and prevention.

Disability and complex needs
Comfortable feet, orthoses and braces, and NDIS support.

Anyone with foot or leg pain
Whether it's new or has been around for years.

WHAT WE HELP WITH

Skin and nails
Ingrown toenails including nail surgery, thick, fungal or hard-to-cut nails, corns, callus, cracked heels and plantar warts.

Pain and movement
Heel, arch and ball-of-foot pain, ankle sprains and instability, knee, shin and hip pain linked to how you walk or run, and running and sports injuries.

Footwear, orthotics and bracing
Footwear advice and fitting, custom orthotics and ankle braces.

Prevention and long-term care
Diabetes foot checks, falls risk and balance, and regular nail and skin care.

HOW A PODIATRIST HELPS

Care that fits what you need

Depending on what you need, care might include an assessment of your skin, nails, circulation, nerves, joints, strength and how you move; hands-on treatment such as nail and skin care, nail surgery or offloading pressure areas; exercise and strength programs; footwear advice; orthotics and braces when they're likely to help; and education and a plan, so you understand what's happening and what you can do at home.

We work with your GP and other health professionals, and refer you on when that's the right step.

YOUR FEET, YOUR WAY

"You know yourself best."

Not everyone needs bulky, lace-up shoes and orthotics. Some people prefer flexible shoes, and care such as exercises, reassurance and a clear plan, so they can get out and experience the world in a way that feels right for them. The research guides us, and we apply it to you as a person. There are lots of ways to reach the same goal, and that can look different for everyone. We're not stuck in old school podiatry. We'll give you the information and options so you can build a plan that suits your needs and your lifestyle.

PODIATRIST OR GP?

See a podiatrist for

Foot and lower leg pain, nail and skin problems, footwear, orthotics, diabetes foot checks and movement concerns.

See your GP for

General health concerns, medication, blood tests, and referrals to specialists or for Medicare-funded care.

Go to an Emergency Department or call 000

For serious injury, severe infection with fever, or a sudden cold, pale or very painful foot.

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