

# Sydney Sports Podiatrist Feet Ingrown Toenail Nail Pathology Deformity Foot Pronation

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An ingrown toenail is an unwelcome affliction that is actually extremely common - one in ten people suffer from them globally. This is because there are a number of different contributing causes to the development of the condition, including lifestyle habits, hereditary biomechanical issues, trauma and ageing.

Mark Lin is Australia's leading sports podiatrist, Principal Sports Podiatrist and Director of Sydney-based Footwork Podiatry, and he says "most at risk are people who play a lot of sport, women who wear narrow shoes and older people who have difficulty in trimming their nails properly.

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Lin describes key factors that cause an ingrown toenail:

Trauma - stubbing or hurting the toe can change the nail shape, as can activities that involve repetitive pressure on the toes like kicking or landing on the toes.

Nail pathology - disorders such as psoriasis and fungal infections can also cause abnormal changes to the shape of the nail.

Improper trimming - the most common cause, cutting the nails too short can lead to the skin folding over the nail edge.

Ill-fitting shoes - another common cause, compressing the toes in a narrow shoe encourages ingrown toenails.

Toe deformity or foot pronation- if the big toe deviates towards the small toes or pronation of the foot causes unusual pressure on the side of the toenail, this can contribute to the development of an ingrown toenail.

Pincer nails -this is an abnormal curvature of the nail, more common as people age, which makes the nail more susceptible to digging into the skin.

Surgery is a very effective traditional treatment for ingrown toenails with a high success rate of eliminating the problem permanently, but may not be the treatment of choice for everyone.

Nail bracing is a gentle alternative to surgery and a unique solution that corrects unhealthy toenail curvature. A nail brace is fitted to the nail, gently lifting the nail out of the nail fold over time.

Simple - the brace is simply bonded across the surface of the nail, and does not need to be pre-stressed or shaped

Quick- applied in seconds and delivers a speedy healing process

Painless- the treated nail is gently lifted out of the nail fold.

The BS nail brace system has been used successfully worldwide in over 30 countries and is a game changer in the treatment of ingrown toenails.

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Lin describes how the BS Nail Bracing system works:

A flat fibreglass brace is mounted to the ingrown toenail, and the nail brace creates a spring tension that lifts and holds the nail out of the nail bed. By this process, both the nail and the nail bed are straightened. This is a painless and gentle procedure suitable for everyone, with symptomatic relief reported in 30 minutes or less. The tension of the brace works for approximately 3 - 4 weeks, after which a new brace is fitted to reinforce the changes to the shape of the nail. Significant improvement is usually seen after 2 to 4 applications, depending on the severity of the problem.

Footwork Podiatry are the first and only trained providers in Sydney to offer this revolutionary treatment, as part of their commitment to staying at the forefront of lower limb treatment. Lin says, "Our unique hands-on treatment techniques are designed to provoke the body's own healing response. We provide advanced manual therapies and alternative solutions for common problems like ingrown toenails, and our holistic and corrective care approach has a proven track record of success in resolving acute and chronic conditions where others have failed.

Our mission is to improve our patients quality of life and help them feel at their best. We genuinely love to help, and through our advanced treatment methods we can identify and address the root causes of the problem to achieve long-lasting improvement."

Footwork Podiatry is situated in Roseville on Sydney's North Shore and Sydney CBD. (Ingrown toenail nail bracing only available in Roseville).

Contact them to receive the best treatment advice for your ingrown toenail. Find them in two convenient locations, in Roseville on Sydney's North Shore and Sydney CBD. For further information, visit the Sports and Podiatrist Clinic to book online, or call Mark Lin or Wei Lee and their friendly team on +61 2 9416 7889.

The information contained in this guide is provided in good faith and is not intended to be nor is it to be used as a substitute for any sort of professional, medical or podiatric advice. An accurate diagnosis can only be made following personal consultation with a podiatrist. Any users should always seek the advice of their podiatrist, or other qualified healthcare providers before commencing any treatment.

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