

Sydney's Leading and Affordable Sports Podiatrist Reveals Best Foot Pain Treatments In Australia

Podiatrist Hopes to Educate Public with New Website

Podiatrist Mark Lin is a man with a mission – several of them, in fact. He has declared war on foot pain and lower-limb injuries in NSW patients, and he hopes to educate the public with the help of a highly informative website.

According to Lin, many people are living with discomfort and even pain without realising that a sports podiatrist can help them. If their problem is serious enough for them to visit a doctor, they may get a referral to a sports podiatrist, but for many of them, the inconvenience they're suffering isn't something they'd mention to a doctor.

"These people don't know what a sports podiatrist does. And since they aren't actually ill, they think it's just something they must live with. As a result, untreated foot abnormalities can get progressively worse until they do see a doctor and are told that a sports podiatrist is the person they actually need to consult. Meanwhile, they've experienced a great deal of unnecessary discomfort, and their problem has been compounded so that it becomes more difficult to correct."

Mark and his business partner, Wei Lee have decided it's time to present the information people need in an easily digestible format. And while Mark admits that people would have to look up sports podiatry before they get the information they need, he's confident that the website will still help them to make informed decisions about their foot health.

Mark hopes that his website will soon rank organically in local search for questions on bunions, heel pain, ankle sprain/ankle injury, arthritis, plantar fasciitis, toenail abnormalities like fungal infections, foot injuries, and foot care for diabetics to name but a few. His website outlines the possible treatments he might use for a variety of foot health issues, and soon, he hopes to add some tips and tricks for people to try out at home.

There's also the matter of people who have already been for treatment forgetting what they've been told. For example, diabetics must take extra care of their feet, but according to a study, a great many diabetics forget being given information about how to care for their feet.

The study Mark Lin referenced tells us that most podiatrists tell their patients what to do. Right after the consultation, the patients remember all or most of the details, but within one month, they can barely recall the basics. He hopes that having easily accessible information online will help to reinforce verbal information.

The website will also provide information on Mark's specialty: sports podiatry. Sportspeople often suffer repeated leg, ankle, foot, and even lower back injuries simply because the way they use their feet and lower limbs needs to be corrected. But even a healthy sports person can benefit from an assessment, says Lin. By addressing the way they use their feet and lower legs, Lin can correct anomalies that could, at best, affect sports performance and at worst, become the cause of injuries.

"Podiatry is a wonderful field in which to work," says Lin. "I want people to know more about it, and I want them to know how we can help them. The new website will become the resource locals turn to when they have questions about podiatry that they're too shy to ask in person.

So, if you're still wondering what a sports podiatrist does, visit the new Footwork Podiatry website. It's still a work in progress, says Mark, but it already contains good information, and if you still have questions, you need only call him on (02) 9416 7889.

About Footwork Podiatry Mark Lin and Wei Lee are leading Sports Podiatrists in Sydney. Footwork Podiatry has two convenient locations Roseville on Sydney's North Shore and Sydney CBD. Both offer the full spectrum of podiatry treatments and although they receive referrals from medical doctors, they are willing to assess and assist anyone who suffers from lower-limb issues.

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 a 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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