

Opening Hours:

Mon – Fri 8am – 7pm

Sat 8am – 12.30pm



Fast claims... on the spot

Brighton Beach Physiotherapy

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Services:

Manipulative Therapy

Headaches

Massage

Sports & Exercise

Rehabilitation

Clinical Pilates Classes &
Studio

Acupuncture

Women's Health &

Incontinence

Home Visits

Community Workshops

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Foot Pain

There are amazingly 26 bones in the foot, each and every one capable of causing foot pain! In between are almost as many joints, likewise a rich source of pain.

The foot is extremely richly endowed with nerves that send information to the brain, telling the brain exactly where the body is poised in space. We call it "proprioception" - it is so important that the body dedicates a specific tract in the spinal cord carrying this information to the brain. When one is kicking a ball, for example, even walking, it is extremely important that the brain has exact information about the position of each part of the body, in order to precisely coordinate movement.

Little wonder that the foot, with so many bones, joints, ligaments, nerves and muscles, all extremely pain sensitive, can cause so much discomfort.

The average person will take up to 10,000 steps per day. On top of this, many people will participate in activities which increase that number, such as running. Your entire body weight rests upon on your feet, therefore if you have a common mechanical problem such as over-pronation, structures above will have to compensate.

This can lead to various other problems such as knee, hip, pelvic or low back pain. On the contrary, spinal restrictions of the low back can lead to some weakness in the feet and ankles. For these reasons it is important to get yourself assessed by a Physiotherapist for the treatment of any mechanical problems.

Some of the conditions treated include:

- Joint Restriction of the Foot and Ankle
- Myofascial Pain
- Achilles Tendon Syndromes
- Bursitis
- Ankle Sprains
- Excessive Foot Pronation
- Plantar Fasciitis
- Arthritis
- Foot Strain
- Heel Pad Pain

The strengths of Physiotherapy treatment is its effectiveness, strong research base and high patient satisfaction. Physiotherapy treatment does not only involve spinal manipulation. There is also an emphasis on health promotion and early return to normal activities. The focus on education and patient empowerment is an important factor in the success of the treatment and the high levels of patient satisfaction.