

# Foot Pain

The term 'musculoskeletal' refers to muscles and bones, and there are a range of common problems with muscles and bones that people with physical disabilities may experience.

Foot pain occurs due to changes in the bones and joints of the foot, stopping correct movement. A safe, stable and pain-free base is important for walking and transfer. Working out problems early and finding ways to stop changes getting worse can help you to keep doing what you want to do.



## What can I do?

A GP and allied health team can work together to support you.

- Physiotherapists can assist you to manage your pain and look at your walking and transfers to find the best way to move for you.
- Podiatrists are experts in the healthy care and treatment of feet, ankles and lower limbs. They can assist you to manage your pain and may prescribe foot orthotics.
- Orthotists prescribe and manufacture orthoses that help to slow or prevent changes in the foot and ankle. Orthotists work closely with physiotherapists to achieve your goals.
- Physiotherapists and occupational therapists can help you find the best mobility for you. Options include walking independently around the home, using a walker for short distances, or the use of a wheelchair or scooter for longer distances.



In some cases, surgery is required to prevent or treat causes of foot pain. Your GP can refer you to an orthopaedic surgeon. It is generally recommended for this surgery to take place during the teen or early adult years, as changes that occur in the body later in life may make surgery impossible.

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