Paediatric Podiatry Services (18 years and under)
Podiatry provides services to children to achieve optimal functional activity which is challenged by a condition impacting on the lower limb/ and or foot. SALHN Podiatry supports individuals during the stages from early childhood to mid-adolescence when higher level service and interventional inputs may be required.

Developmental Delay, Lower limb pain and Foot deformity
Developmental delay may negatively influence a child’s ability to reach developmental milestones within a normal timeframe. Factors that may impact on their ability to reach gross motor skills include: altered muscle tone, hypermobility, and neurological impairment and co-ordination disorders.
Lower Limb Pain impacts on a child’s ability to maintain a usual level of functional activity. This may arise from a variety of causes including genetic precursors, avascular necrosis, and muscular imbalances or by external impacts such as trauma.
Foot deformity may impact on children’s functional abilities and be a contributor to pain. Bony conditions including metatarsus adductus, skew foot, bony coalitions and torsional variances can benefit from podiatry intervention.

Information Required for Referral
- Presence of Red Flags
- Overarching diagnoses of syndromes/ disorders present
- Relevant family history
- Duration and site of symptoms
- Pattern of symptoms including link with activity or night pain

Fax Referrals to
- Flinders Medical Centre  8204 5020

Investigations Required
- X-ray/ MRI if indicated
- CCP/ Rh factor markers if inflammatory arthritic conditions are suspected

Red Flags
- Children under the Guardianship of the Minister (GOM)
- Alteration in gait including limping, toe walking, recurring injury/ trauma
- Regular or persistent pain with or without an activity stimulus: night pain and morning stiffness
- Significant reduction in ability to engage in usual activity

Suggested GP Management
- Consider other allied health disciplines if a multidisciplinary approach to management is warranted.

Clinical Resources
- Anthony, J (2014), Tachdjian’s Paediatric Orthopaedics, Elsevier Saunders, Philadelphia, USA