

# FAQ's

## **What are your business hours?**

Our practice hours are from 8.30am to 5.00pm Monday to Friday. Appointments for each practitioner can be made by telephoning us on 02-93624111. Mr. Ozcan is a Podiatric Surgeon so he times and fees do vary. Our telephone reception staff can help you with your initial enquiry and direct you towards the right practitioner.

## **Can I get x-rays there?**

Yes we have one Imaging company in the building. They do MRI, CT, X-rays and Ultrasounds.

## **What should I bring with me when I come for an appointment?**

If you have an injury and suffering of pain it is best to bring some of your shoes with you so that our Podiatrists can design chair side treatments efficiently.

Please bring a list of your current medication, and allergies.

Any old x-rays and reports should also be brought.

Any referral letter you may have from another practitioner.

## **I am not sure about my foot problem; can I just come in to show you my feet & legs?**

Absolutely we will not charge you anything for advice. As long as we have time to see you for few minutes in between patients we are happy to provide you some direction.

## **My child has been walking funny; I am not sure who to ask for help?**

This is a very common problem we face daily. Unfortunately not every health practitioner is truly trained in gait function and biomechanics, let alone paediatric biomechanics. Besides, there are many unknowns in this field of medicine. If you are ever worried about your child's gait or limb growth, please take the time to show him/her to an experienced Podiatrists/Podiatric Surgeon. We provide free advice service, so contact us and put your mind at ease. We will try our best to help you.

## What is the right foot wear for me?

Footwear world is forever changing and it is extremely difficult to keep up with what's good, what's bad for your feet. We do like endorsing some products and some brands but unfortunately these products may also change their production line and start producing not so good quality shoes. Some brands do a mix of good and bad products which does confuse the situation even more. There are few basic rules in choosing good footwear regardless if it is a sport shoe, high heel or kids shoes.

- Hold the shoe in both ends with both hands and try twisting the midsole of the shoe, if it twists a lot you do not want that footwear. In other words softer the mid sole section worse it is for your feet.
- Try choosing shoes with firm heel counters – This is the back section of the footwear. This should not collapse easily when pressed.
- Lace up, buckle or some sort of elastic security is better than open shoes. More you have around your feet, better the footwear will be.
- Get your shoes from reputable companies – avoid getting shoes from chemists, large department stores and from very young sale person.
- For sort shoes best to see people at a specialist stores.
- For more specialist footwear, you must see us.

## Which brands do you endorse?

There is no such thing as best brand as all shoe companies do produce some good and some bad styles. However, the following brands and shoe stores seem to have better understanding of human foot and seem to keep and sell correct type of footwear. For further information on what would be the best for you, you need to see us at the clinic and have a review of your gait and biomechanics.

Sydney running centre - <http://www.sydneyrunningcentre.com.au>

Brooks - [www.brooksrunning.com.au](http://www.brooksrunning.com.au)

Adidas - [www.adidas.com.au](http://www.adidas.com.au)

Asics - [www.asics.com.au](http://www.asics.com.au)

New Balance - [www.newbalance.com.au](http://www.newbalance.com.au)

Saucony - [www.saucony.com](http://www.saucony.com)

K Swiss - [www.kswiss.com](http://www.kswiss.com)

Floresheim - [www.florsheim.com.au](http://www.florsheim.com.au)

Rockport - [www.rockport.com](http://www.rockport.com)

Munro - [www.munroshoes.com](http://www.munroshoes.com)

Wuldofer - [www.waldlaufer.com](http://www.waldlaufer.com)

Llyods - [www.lloyd.de](http://www.lloyd.de)

Kumf Shoes - [www.kumfs.co.nz](http://www.kumfs.co.nz)

Comfort & Feet Shoes - [www.comfortandfit.com.au](http://www.comfortandfit.com.au)

Bare foot freedom shoes - Shop 1 657 Pacific Hwy, St Leonards, NSW, 2065 (02) 94385554

Solomons - [www.salomon.com.au](http://www.salomon.com.au)

Clarks - [www.clarks.com.au](http://www.clarks.com.au)

Steel Blue Boots - [www.steelblue.com.au](http://www.steelblue.com.au)

Athletes Foot Shoes - [www.theathletesfoot.com.au](http://www.theathletesfoot.com.au)