

Pain Management and Movement Clinic

The Pain Management and Movement Clinic at Tiptoe Foot Care uses a combination of the following techniques (shown below) to assess and treat a wide variety of problems.



The clinic specialises in using different aspects of functional medicine to assess the whole body for the root cause of why you are experiencing symptoms.

This approach gives more longer-lasting relief in comparison to treating a side issue, likely resulting in a temporary fix and the need for regular repeat treatment.

Who Can Be Treated?

Patients from school age through to older years are treated at the Clinic. A referral is not needed to visit.

How Does It Work?

The body can be likened to a Jenga tower. A seeming stable base can be affected by external factors resulting in issues with bone alignment, emotional trauma to the cells along with potential imbalances or nutritional issues at a cellular level.

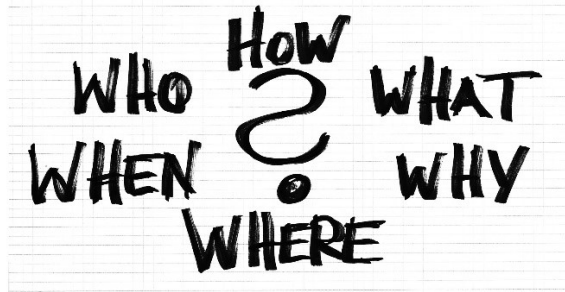


At birth, the human body is designed to have a stable base. However, over time, past and current injuries, fractures, gut issues and illnesses can all impact and weaken the body structure in many different ways. Naturally, the more weaknesses there are, the greater affect on your body, often resulting in pain and restricted movement during normal daily activities.

Identifying where the weaknesses are and how they affect the body's structure using a variety of techniques will help to strengthen these areas and gradually restore stability.

'Anatomy in Motion' (AiM) therapy provides an in-depth focus on the body's structural alignment, looking at all the phases of the walking cycle (gait pattern) and your 109 joints.

Combined with systematic kinesiology (gentle muscle testing), it assists in identifying where health issues stem from, along with the source of energy drains and what stresses are affecting you.



Can you relate to or have you experienced?

- 👣 Damaging your knee or ankle playing sport?
- 👣 Tripping or falling over?
- 👣 A car / motorbike accident?
- 👣 Discomfort in a repetitive work environment?
- 👣 Pain or limited motion following surgery?
- 👣 Hip/pelvic pain as a result of pregnancy?

During your visit to the clinic the specialist will discuss your symptoms and assess both visible and potential hidden structural elements that are resulting in pain and restricted movement.

Any necessary treatment will commence during the appointment. However, the treating clinician may provide you with specific exercises to maintain the correct structural alignment.

The aim of your visit is to allow you to move more freely as well as alleviating pain and pressure over the days and weeks to follow.



Examples of Conditions Treated



Unlike many other treatments which might reinforce the brain's natural protective instinct to stabilise or avoid using a particular muscle, AiM therapy emphasises and encourages a safe range of motion.

Initially the body may resist some of these motions, particularly for long-standing injuries where it has 'learned' to protect previously sore areas.

By stimulating the body to rediscover its original and optimal movements from ground level, a chain reaction can be triggered throughout the body helping to realign the hips, pelvis, shoulders and neck.

The Therapies

Using a combination of therapies, including AiM, the specialist is able to more fully help the body deal with and recover from discomfort, pain and trauma.

Anatomy in Motion (AiM), including Gait Analysis

AiM focuses on understanding how joints, muscles and ligaments across the whole body are expected to behave at each different stage when we walk.

Reflexology

Each reflex point in the foot is connected to an organ and part of the body. By working on a particular point we aim to stimulate energy by using a reflex action to a related muscle or organ, therefore encouraging healing.

Systematic Kinesiology

This is a natural health care system which uses gentle muscle testing to evaluate many functions of the body in the structural, nutritional, energetical and emotional realms.

Podiatry

This involves diagnosing and treating conditions of the foot, ankle, lower limb and associated structures. It gives attention to existing complaints and corrective management for acute and chronic conditions.

Orthotics/Insoles Therapy

An orthotic is a device that sits in your shoe to control the functions of the foot whilst walking. It can be made from a cast to specifically fit your foot and consist of a variety shapes to address different issues.



Clinic Address

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Contact Information

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What our patients say:

"Afni combines a wealth of knowledge and experience with individual care and attention. I walked out of the clinic feeling better, stronger and with the confidence that recurring issues were being addressed."—MH

"In the past few years I had big issues with my feet having new injuries all the time: achilles, tendonitis, plantar fasciitis and pain. I had to stop doing exercise or even walking too much. I visited a few podiatrists that recommended me insoles, exercises and different approaches with no real solution. In just one session, Afni realised where the real issue came from and relieved me from...the pain and discomfort...on top on such an amazing professional she's very kind and enthusiastic."—FA

"Not only that my ankle is back to normal after a bad sprain and my hips started to align with simple treatment and exercises, but Afni helped fixing the digestive problems as well with the Anatomy in Motion (AiM) technique."—SM



PLEASE NOTE

Consultation and treatment by appointment only and on a private basis. All fees are payable at the time of consultation. Higher fees may apply for specialist treatments or for seeing the Practice Head, Afni Shah-Hamilton. Cancellation Policy: 24 hours notice is required for cancellation of any appointments otherwise a fee may be chargeable. Cancellation can be via the 24-hour answering service.

HCPC and State Registered Podiatrist