Trust the experts to banish foot, heel and leg pain

Most people suffer from foot, ankle or knee pain at some point in their lives, but as the experts at Foot and Leg Pain Clinics explain, it can be difficult to find effective treatment that can sustain long-term results.

With 25 years of experience providing solutions to alleviate pain, heal injuries, assist arthritis and even delay or eradicate the need for surgery, Foot and Leg Pain Clinics recommends a variety of treatments to address issues.

Incorrect diagnosis of foot and knee conditions is common, which can lead to inappropriate and ineffective treatment. There are many different reasons for this, but can often be due to the misinterpretation of scans or symptoms by GPs, allied health practitioners or other health practitioners.

Finding the correct health practitioner with the appropriate knowledge and skills to deal with your lower limb condition is key to receiving effective treatment. The most appropriately trained person to deal with foot, knee and leg pain and injury is an experienced and skilled musculoskeletal podiatrist or lower limb expert with an in-depth understanding of foot and leg biomechanics, degenerative conditions and growth and development concerns.

Often only symptoms are treated, with the cause and contributing factors being left unaddressed and untreated. When the cause and/or contributing factors of your pain or injury are addressed, the symptoms often take care of themselves.

The site of pain is often not the culprit, therefore the entire lower limb needs to be understood and considered. For example, bad foot posture can continually pull other parts of your body out of alignment, causing pain and injury to ankles, knees, legs and hips.

Many foot and knee conditions are incorrectly treated with inappropriate treatment protocols including cortisone injections, anti-inflammatory medications and/or arthroscopies. These may provide some temporary relief but can delay healing or cause further tissue damage – it's important to know if and when to utilise these.

The good news is that with correct diagnosis and appropriate treatment, most foot, knee and leg pain, injuries and arthritis can be assisted relatively quickly and easily.

Foot and Leg Pain Clinics are located across Melbourne and in Geelong West, and are currently offering $50 off initial consultations. For bookings, phone 1300 328 300.

The specialists at Foot and Leg Pain Clinics will address the cause of your pain rather than just the symptoms. (Supplied)

Steps can be taken to prevent hearing loss in young people. (iStock)

Keep the volumn down

It is a common misconception that hearing loss is an issue that is usually only faced by older people. However, hearing loss is certainly a huge issue for younger people.

The World Health Organisation reported that half of 12-35 year olds on the planet – over a billion people – are at risk of hearing loss because of over-exposure to loud sounds.

In Australia, there were about 3.6 million young people with hearing loss in 2017. According to Deloitte Access Economics, this figure will double in 40 years.

Many people included in this startling figure are going to be today's kids, teens and young adults who spend extended time on headphones, listening to loud music or playing games.

Once hearing is gone, it's really gone. However, steps can be taken to prevent hearing from getting worse.

To give context to just how loud we can unwittingly turn up a device's volume when they're already in a noisy environment such as a train, construction site, or loud crowd, try listening to the same volume level in a quiet room. It's very, very loud, and that noise is literally hurting your ears.

Try to limit the volume that you and your kids listen to music, watch television or play games at, whether it be through headphones or speakers. Reducing background noise will make it easier for you to hear the audio you wish to listen to without needing to crank up the volume.

Noise-induced hearing loss is accumulative, so it can creep up on someone before they either notice or acknowledge it. People around will notice a young person's 'deafness', often attributing it to inattention or just a quirk.

But it's very real and it may be happening right now. Check your own volume or have a chat with kids and friends, otherwise they might wind up with hearing aids long before their senior years.

For more information, visit www.hearing.com.au.