



Central Coast
Local Health District

Healthy Bites Episode 10 – Can a podiatrist help with my balance?

Hi, I'm Ellie Kelly, a podiatrist from Riverside Podiatry on the Central Coast.

With age our feet become less mobile than they used to be. This stiffness makes walking on different, uneven surfaces difficult and unsteady. Our proprioception – which is the message pathway from our feet to brain – also slows down, making our reaction time to an uneven or slippery surface slower. And to complicate things further, our muscle strength may dwindle as we get older. This makes climbing stairs, lifting heavy objects, or navigating obstacles more difficult.

This is where a podiatrist can help you! By providing simple mobilisation and gentle exercises, podiatrists can improve the strength and mobility of your feet, and improve your balance – all important things to help you stay on your feet!

So, see your local podiatrist regularly to keep your feet smiling!