



# Finder



## Miss Emily Ball

Podiatry / chiropody 85020368

<http://www.activestep.co.uk>

### This consultant has/is:

 Fee assured

 Verified account

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### Overview

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Fee assured

Verified account

### Specialises in

Gait analysis

### About me

Ms Emily Ball is the Founder & Clinical Director of Active Step and is an Advanced Musculoskeletal Podiatrist in the field of Podiatric Medicine.

As a Fellow of the Royal College of Physicians & Surgeons (Glasg), Ms Ball has extensive experience providing Podiatry consultancy to the Ministry of Defence and professional sport on the diagnosis and management of foot & ankle conditions. She is also an influencer and thought leader in the Podiatry profession.

In addition to her clinical practice, Ms Ball is an international conference speaker, trainer and clinical mentor in the field of Podiatry and has special interests in Sports Podiatry, Biomechanics, Forefoot

Pain, Achilles Tendinopathy, Plantar Fasciitis, Orthotics & Bracing and Extracorporeal Shockwave Therapy.

Ms Ball is also qualified in Prescription Only Medicines for a range of foot conditions and performs Nail Surgery procedures under Local Anaesthetic.

### **Areas of interest**

Musculoskeletal Podiatrist; Sports injury; Running injury; Biomechanics; Foot pain; Ankle pain; Knee pain; Gait Analysis; Video Gait Analysis; Shin Splints; Plantar Fasciitis; Achilles Tendonitis; Tibialis Posterior Tendon Dysfunction; Joint Hypermobility; Leg Length Difference; Tendon Injuries; Tendinopathy; Bunions; Orthotics; Insoles; Ankle Braces; Arthritis; Stress Fractures; Neuroma; Forefoot pain; Metatarsalgia; Sports Footwear; Paediatric; Nail Surgery; Local Anaesthetic; Extracorporeal Shockwave Therapy; Foot mobilisation

### **Medical secretaries**

Sophie Cameron  
Active Step Healthcare Limited Unit A2 Segensworth Business Centre Segensworth Road Fareham  
PO15 5RQ  
01489 881204  
[info@activestep.co.uk](mailto:info@activestep.co.uk)

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### **About me**

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### **Research interests**

Medial tibial stress syndrome commonly referred to as shin splints.

The role of running gait coaching in the management and prevention of running injuries.

### **Personal interests**

Running, netball

### **Courses offered to GPs**

The benefits of video gait analysis in the diagnosis and treatment of gait related pathology.

The role of running gait coaching in the management and prevention of common running injuries.

Differential diagnoses of exercise induced leg pains.

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## **My qualifications & training**

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### **Qualifications**

**BSc Podiatry** *University of Southampton* 2010

## Affiliations / memberships

Fellow of the Royal College of Physicians and Surgeons of Glasgow  
Society of Chiropodists & Podiatrists  
HCPC

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## My private practice

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### Practice hours

#### Active Step Healthcare Limited Yew Tree Clinic...

Monday  
09:00 - 17:00  
01489 881204

#### Active Step Healthcare Limited Yew Tree Clinic...

Tuesday  
09:00 - 17:00  
01489 881204

#### Active Step Healthcare Limited Yew Tree Clinic...

Wednesday  
09:00 - 17:00  
01489 881204

#### Active Step Healthcare Limited Yew Tree Clinic...

Thursday  
09:00 - 18:00  
01489 881204

#### Active Step Healthcare Limited Yew Tree Clinic...

Friday  
09:00 - 17:00  
01489 881204

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## Consultant's practices

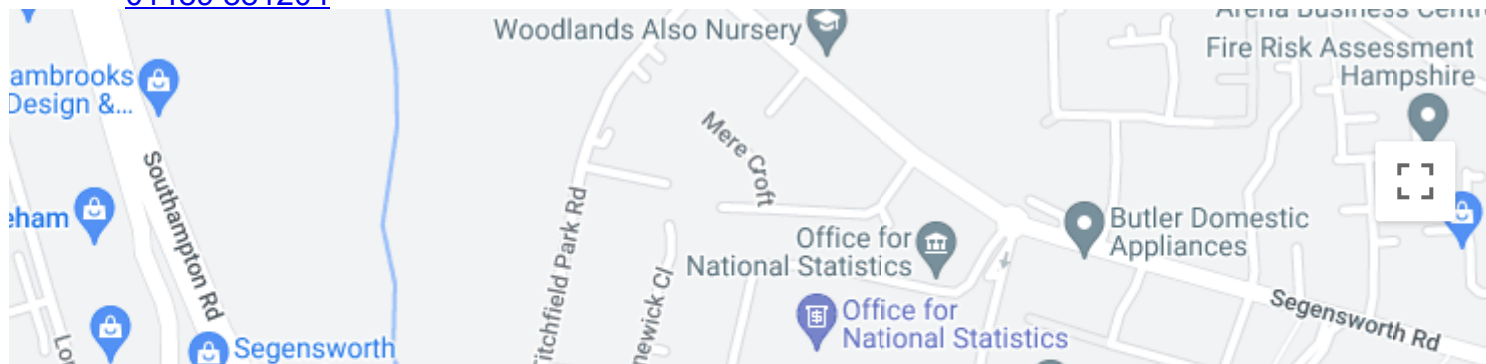
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### Practises at 1 hospital/clinic

#### A Practice

Active Step Healthcare Ltd Unit A2 Segensworth Business Centre Segensworth Road Fareham  
PO15 5RQ

[01489 881204](tel:01489881204)





*Information for healthcare professionals (Bupa patients only, last 12 months)*

## **Procedures Completed**

### **AA641**

Follow on podiatry visit including cryotherapy and local anaesthetic - (1-5)

### **AA145**

Initial podiatry visit including cryotherapy and local anaesthetic - (1-5)

### **AA365**

Gait analysis including biomechanical assessment with video infra-red computerised analysis - (1-5)

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