



Merry Christmas from The Podiatrist

All of us at The Podiatrist join in saying **thank you** for your support during 2010. We wish you and your family a happy and safe Christmas and a prosperous New Year.

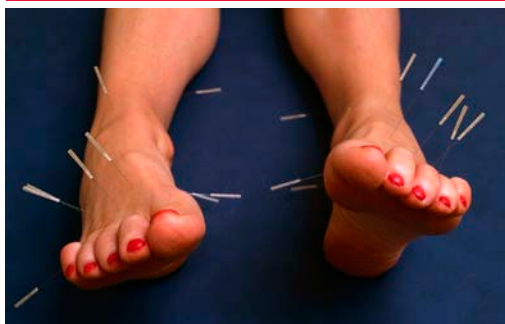
This practice will be closed from Friday 24th December 2010 and will reopen on Tuesday 4th January 2011.

Did you know...

The Podiatrist is now offering Acupuncture and Foot Mobilization / Manipulation to enhance your foot health.

We also have Bodyflow Therapy, a unique, technologically advanced treatment that enables athletes and patients to recover from injuries faster and improve performance. It is great for post-operative wound healing, sprains, strains, poor circulation, bruising and chronic wound healing.

Contact our friendly staff today to find out more information on any of our new treatment therapies.



Have you got your WOBBLY BOOTS on??



With several brand name shoe manufacturers now promoting shoes that claim muscle toning, improved posture and burning extra calories all "whilst you walk", questions are being raised over their true effectiveness. Toning shoes are nothing new, in fact they have been around since the 1970s, but the marketing promises and hype surrounding them is.

The idea behind these shoes is simply if the shoe creates INSTABILITY the muscles that control alignment will have to work harder and thus get stronger. Currently there are several types of these toning shoes on the market from ones that create a forwards rocking motion, like the MBTs, to ones that create side to side instability like the NB True Balance.

The problem with these shoes, from a Podiatry point of view, stems from their improper use. That is, whilst these shoes have been shown to increase postural and leg muscle activity, if they are worn for prolonged periods these muscles fatigue and alignment and function actually worsen. If use continues after this point the wearer is then at greater risk of alignment related injuries.

For example, if these shoes were used for a long walk and fatigue sets in, the muscles involved in maintaining good posture and alignment can no longer function adequately to protect the feet, legs and body from destructive forces. Injuries such as plantar fasciitis, shin splints and knee pain are then far more likely.

As Podiatrists, we recommend the use of these shoes for training purposes only and their use should be discontinued as soon as a feeling of instability or fatigue develops. Person's who suffer from any existing biomechanical issue or injuries such as excessive foot pronation, knock knees, shin splints or poor balance should definitely avoid their use as they may exacerbate their condition.

Recent outings & promotions

Bared Footwear Visit

Here at The Podiatrist, we were fortunate enough to have the staff from Bared Footwear visit our clinic for a ladies evening of champagne, nibbles and viewing of this functional, good looking footwear range. It was an enjoyable evening and plenty of fun was had by all! These shoes are professionally fitted by podiatrists and hold custom made orthoses. **Check out www.bared.com.au and contact our clinic if you are interested in attending a future shoe fitting evening.**



Anne-Maree Hanrick (Podiatrist) and Anna (Bared Footwear)

One Life Health & Fitness Expo

We also participated in One Life Health & Fitness Expo where staff from The Podiatrist had the opportunity to meet and greet plenty of healthy individuals who care about their feet and fitness.



Staff from The Podiatrist at One Life Health & Fitness Expo in October



Petrina Cau (Receptionist)

Treat your feet!

The Podiatrist stock a large variety of orthaheel thongs and sandals. The orthaheel range is a Podiatrist-designed range that helps relieve foot pain, knee pain, aching legs and back pain. These stylish orthotic thongs/flip-flops come with a built-in orthotic, they are waterproof and extremely durable.

This footwear range is designed to compliment orthotic treatment when patients are not wearing their shoes. It is an ideal protection against hard, flat surfaces such as tiles or wooden floors. The orthaheel range is affordable, extremely comfortable and easy to wear.

The adults range comes in a variety of colours and sizes, **and there is now a NEW Kids orthaheel thong available!** Contact The Podiatrist Reception Staff for further enquiries or to get fitted today!

Introducing our new Podiatrist, Yvonne Grattan

My name is Yvonne Grattan, the latest Podiatrist to join the team at The Podiatrist. I have come from Edinburgh Scotland, where I had my own Podiatry Business. As well as having experience in private practice, I also have experience in the U.K.'s National Health Service. Over the past several years, I have been lucky enough to treat a variety of different problems and meet a number of entertaining characters!



I realize this may sound corny, but I really enjoy meeting and working with people and I get a great deal of satisfaction from improving a person's life. I have met so many people who come to me in pain, whether it be an ingrown

toenail, a nasty corn or a sprained ankle. Having the ability to alleviate that pain and improve their activity levels through orthotic intervention, really gives me a sense of achievement.

I also provide therapeutic massage of the lower limbs and feet, which can compliment ongoing treatments. I come from a predominately dancing background (from the age of 3). The requirements on a dancer's body, legs and feet are unique. I worked closely with dancers in Edinburgh and tried to apply my Podiatry knowledge to my dancing knowledge. The passion for dance can override all other instincts, making injury common place. I see my role as providing advice and direction on intervention and prevention, achieved by regular assessment.

I have been in beautiful Australia for a few months now and am settling in well to my new home. My partner Sam and my son Sean joined me in my move to Australia, and love being here also. I look forward to meeting you all and providing you with a high standard of care.



Merry Christmas from all of us at The Podiatrist!

for more tips and info visit www.thepodiatrist.net.au

