

Latest news

We are thrilled to announce the opening of our brand new Warwick Practice at

**Shop 3 Fitzroy Place
70 Fitzroy Street
Warwick**

Our exciting new Warwick Practice now has its very own phone and fax numbers;

> PHONE 07 4667 1633

> FAX 07 4661 2300

We hope our patients are as excited as we are to start treatments at our brand new location!

Furthermore, we have also opened our doors at Willows Health and Lifestyle Centre on Kitchener Street, Toowoomba. We are also spreading our wings further afield to **Tara, Texas and Gatton**, offering rural people more options in allied health treatment. These new practices are in addition to our current locations at Cohoe Street Toowoomba, Vital Health Dalby, Village Medical Centre Highfields and Multi Purpose Health Service in Inglewood.

For further information or to book an appointment at one of our locations, please call our friendly staff at Toowoomba on 46383022.

Planning an overseas holiday?



Holiday preparation is a frantic time for most of us. Last minute appointments and packing can leave us hopping on that plane exhausted and in good need of a rest.

Consider your general wellbeing on the flight and ensure you protect yourself from the risk of DVT. Deep Vein Thrombosis can happen to anyone. DVT is a clot that forms in one of the veins deep inside the leg. If the clot breaks away and lodges itself in your lung it can be fatal.

Follow these helpful tips to reduce the risk of DVT >

- 1 Do not eat a heavy meal
- 2 Reduce cigarette and alcohol intake prior to the trip
- 3 Gentle massage of the calves to aid in circulation
- 4 Participate in the 'in-flight' exercise program available on the plane
- 5 Stretch
- 6 Move constantly, walk around the plane
- 7 Wear compression stockings
- 8 Stay hydrated
- 9 Use a portable Bodyflow machine (available for hire at The Podiatrist)



Bodyflow machine

Bodyflow is clinically proven and used by many elite athletes travelling across continents for recovery and injury rehabilitation. Its ability to stimulate smooth muscle within veins, arteries and lymphatic vessels using a specific patented electronic frequency reduces swelling and moves fluid faster through the body, reducing the risk of a clot.

Paraffin Wax Treatment

With the chilly winter winds upon us, it is nice to indulge in a warm paraffin wax bath after a general nail and callus treatment, to not only soothe the joints and warm the feet but also to provide moisture to the parched skin. Here at the Podiatrist you can have your nails and callus treated, followed by a relaxing 20 minute wax bath for just \$80. Make an appointment today!





Netball & your feet

Netball is the most popular women's participation sport in Australia and is often forgotten in terms of injury prevention.

Netballers place particularly high strains on their bodies due to the constant stopping, pivoting and changing of direction. These movements at high game speeds where fatigue plays a pivotal role can be the underlying cause of many injuries. In addition the hard court surfaces, for example the local bitumen courts, increase the forces placed on the player's lower legs.

Here are some of the common Netball injuries that we at The Podiatrist treat:

- Ankle sprains
- Achilles' tendinitis
- Shin Splints
- Knee pain
- Severs (in children)
- Arch pain
- Heel pain
- Stress fractures
- Muscle strains

Choosing the right Netball Shoe

Choosing a shoe that suits you, your playing surface and your sport can be very a long and often confusing process. Often your basic running shoe will not be suitable as it does not support the ankle when changes of direction are frequent. A cross trainer at least will be needed to appropriately support the foot. The shoe brand Asics now has an extensive range of netball shoes and here is a new shoe which has been added to their range.

Gel-Netburner Professional 7

The GEL-Netburner Professional 7 has been built with a running shoe in mind but has also added the extra stability required for quick changes of direction and the cushioning to reduce pressure on the lower limb from abrupt stopping. In addition there are long life features such as a durable outsole and leather upper at the front to reduce wear from court surfaces and toe drag.

NEW Plantar Wart Treatment available at The Podiatrist

Plantar Warts, or Verrucae, are a skin virus and can be very stubborn to conventional treatments. A new technique is now available which has an extremely high success rate. This technique has been carried out in America for over 40 years. It works on the same principal as an inoculation and is carried out under local anaesthetic. Post treatment pain is minimal and does not require bulky dressing. This is an ideal treatment for busy people as only one treatment is required (very occasionally two).



What shoes do you wear to the gym?



With the colder, shorter days setting in, we have to turn to indoor fitness options to maintain our health. With the large number of fitness centres around the Darling Downs, choosing the correct gym for your needs shouldn't be a problem. However, choosing the right gear can be.

Footwear is the most important aspect of your gym outfit. There are many brands on the market that offer good quality support but finding the right fit for your foot, incorporating the way you walk and your activity level can be daunting. Here at The Podiatrist we know feet and we can recommend the right shoe for you. Having the correct footwear can improve performance, prevent injury and result in a healthier you.

You wouldn't go to work in your pyjamas, so why go to the gym with the wrong footwear?