



## Latest news

After winning the 2011 Heritage Business Excellence Awards in Warwick earlier this year, The Podiatrist is pleased to announce that they were also the winners of the Toowoomba Heritage Business Excellence Awards, Health and Wellbeing division, in the Professional and Business category.

Thank you to our wonderful staff for their ongoing commitment to delivering such a high standard of service, and also to the wonderful support we receive from our patients and referrers.



## The PURE PROJECT

Ever considered barefoot running but thought the stretch from a traditional full control shoe to nothing, too far? Well Brooks have just released their new range of runners – called the 'Pure Project' – which may be perfect for you. All of the shoes in the range are light weight with a reduced heel height, therefore promoting a more natural midfoot to forefoot strike.

One of the most popular shoes in the range is the 'Pure Cadence'. This shoe is ideal for the midfoot runner wanting a more natural feeling shoe, while still maintaining some control to reduce the effects of poor alignment. The Pure Cadence is light weight with stability innovations such as a reinforced heel counter, an internal ramp in the midsole and a Nav band that locks into the midsole for extra support.

This range of shoes is not right for everyone but is a great addition to the running shoe spectrum. If you're unsure if this shoe would be right for you, please don't hesitate to have a chat to one of our podiatrists about your running needs.

## DID YOU KNOW??

The Podiatrist has spread their wings once again, offering more rural communities our fantastic Podiatry service. New clinics are now operating at;

**CHINCHILLA** – monthly (Medical Centre, 58 Middle St)

**DRAYTON** – fortnightly (Toowoomba Medical Centre, 146 Drayton Rd)

**GOONDIWINDI** – fortnightly (Physio Extra, 10 Herbert St)

**TARA** – every 2 months (Medical Centre, 33 Day St)

Appointments for all of the new clinics can be made by phoning our Toowoomba Practice on 07 4638 3022.

These new clinics are in addition to our current locations at **Cohoe Street TOOWOOMBA**, **Fitzroy Street WARWICK**, **Vital health DALBY**, **Village Medical Centre HIGHFIELDS**, **Multi Purpose Health Centre INGLEWOOD** and **The Family Medical Centre in TEXAS**.



## Around the district...

We have a team of 5 experienced Podiatrists who operate 2 primary clinics in Toowoomba and Warwick, and several satellite clinics across the Darling Downs.





*Troy is getting hitched!*

The Podiatrist staff would like to extend a huge congratulations wish to Director Troy Parsons and Maree McDonald on their engagement!

The happy couple will tie the knot at the end of the year and we wish them the very best for their future. ♥

## High heels



High heels are here to stay and as much as we encourage our patients to keep high-heel wear to a minimum, we have to be realistic about today's trends. High heels aren't a healthy shoe option, they throw the pelvis forward, compromising stability, general posture and foot health. However, they can be made slightly more comfortable and more functional with specialized foot beds, custom made here at The Podiatrist. The specialized foot bed is a slim line insole with added forefoot control and medial arch control to take as much pressure off the forefoot as possible. They can be transferred from shoe to shoe and are also versatile for ballet flats and very slim-line shoes. If you cannot tear yourself away from your high heels but would like to do all that you can for your foot health whilst wearing them, give us a call today.

# Merry Christmas!

All of us at The Podiatrist join in saying **thank you** for your support during 2011. We wish you and your family a happy and safe Christmas and a prosperous New Year.

**This practice will be closed from Friday 23rd December 2011 and will reopen on Tuesday 3rd January 2012.**



## Foot Hygiene

**Summer sun and the festive season entices us ladies to bring out the strappy sandals and polished toenails. Unfortunately some nail salons don't adhere to good hygiene standards therefore placing their clients at risk of bacterial and or fungal infection, blood born diseases and unnecessary nail and skin trauma.**

Sorry ladies, we also don't recommend nail polish as it dries the nail and increases the risk of discolouration and fungal infection! When having a polish done at a salon it is important to consider who else the nail polish brush has been in contact with? Most people don't share roll on deodorants so why do we think it is ok to share nail polishes? If you do want a lick of polish for that special occasion, make sure you remove it within days of application and take your own polish to your salon appointment! It's ok to wear it in moderation.

Here at The Podiatrist we offer what we call a General Treatment. It is essentially a pedicure without the polish. Our podiatrists are fully qualified health professionals who have been trained to assess and treat any form of nail and skin condition. We use sterilized instruments in a clinical setting and can blade off any amount of dead skin and callus with a scalpel and rid you of unwanted corns. We ensure your nails and skin are thoroughly cared for, any nail concerns are taken care of and all finished off with a moisturizing foot rub! You can opt to have a paraffin wax foot bath at the end of your consult that really seals in the moisture.

Most health funds cover a portion of the cost of a general treatment so it's an inexpensive treat that's good for you! Don't let ugly nails and callus get the better of you, call for an appointment today. Have your feet twinkling in time for Christmas.



# Merry Christmas & Happy New Year!

for more tips and info visit [www.thepodiatrist.net.au](http://www.thepodiatrist.net.au)

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