

FOOTNOTES



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PODIATRY MATTERS: FOOT FOCUS

The Foot Clinic has recently shifted its focus from general treatments (corns & callus, and nail treatments) to biomechanics. While we are still seeing existing general treatment clients, we have shifted our emphasis toward lower limb assessment and injury management.

We will be seeing more of sports related injuries, kids, arthritic conditions and overuse injuries.

Our focus will be on what is happening inside the foot, ankle, leg and knee.

We treat conditions such as heel pain, shin pain, ankle pain, metatarsalgia, leg length difference, lower back pain, and hip pain.

Assessment involves gait analysis and the use of a footprint pressure measurement system where required.

Treatment can involve orthotic therapy, footwear advice, stretching and rehabilitation programs.

Individual treatment programs are formulated to assist in the management and prevention of injuries

So if you have any of these niggles ask our reception staff about a foot function assessment.

FOOTY BOOTS

Generally, footy boots are not as supportive as running shoes. Correct fitting boots can help to prevent injuries.

There are many factors to consider when choosing football boots. Foot type, playing surface, football code, position played. Football boots vary in sole thickness, outsole material and cleat alignment.

Having 1cm sole thickness at the heel has been proven to reduce the incidence of hamstring injuries. Outsoles can be specific for wet versus dry conditions. Cleat design can allow for traction required for particular sports.

For more information on footy boots suitable for your foot type and game ask your podiatrist for a footwear prescription

WHY MISS OUT !

We have a 20 % saving in the cost of your orthotics if you need a second pair within 18 months of your first

Perhaps you need a second pair of orthotics for your fashion shoes ?

Perhaps you need a second pair of orthotics for your Gym Shoes ?

FAMILY DISCOUNT

We also offer families a discount if they have more than one family member requiring orthotics.

Please let us know when you are paying for your orthotics!

Our commitment is to provide our patients with consistent high quality care. We aim to exceed their expectations and give them value for money.

By continually advancing our skills we aim to be able to identify and effectively treat our patients foot problems.

Most importantly, We will keep our patients informed and involved in the management of their foot health.

OUR TEAM

Podiatrists:

Paul Fleet
Gabriela Luksza
Matthew Hotchkis
Brooke Niven
Kylie Schramm

Admin Support:

June Copeman
Pam Moffat
Emma Thompson
Debbie Sargent

Office Hours:

Mon-Fri: 8am- 5pm
Wed:8am -7pm
Sat: 8am -12pm

Contact Us:

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TEAM NEWS

Front Office in Profile

PAMELA MOFFAT
Podiatry Assistant

I joined the team in February this year. I have the newly developed role of Podiatry Assistant which combines reception duties with behind the scenes tasks helping out podiatry staff. I have an extensive background in prosthetics and orthotics. Most recently I've been working in the dental field as a dental-surgical assistant. After having knee surgery in December 2006 I like to keep fit with a weight lifting program at home. I also enjoy cooking. And on top of this busy lifestyle I have 3 children to keep under wraps!

EMMA THOMPSON
Receptionist

I'm the most recent recruit to the team and have made the transition from the dental industry. Funnily enough, both Pam and I have worked in the same dental practice at different times. I've lived in Canberra all my life and am passionate about animals so much so that anyone who knows me well know s "Nelly" my horse. Next year is a big one for me as my Fiancé Tama and I have set a date to be married.

DEBBIE SARGENT
Receptionist

It's welcome back for me after having a few years off having babies. I first joined the clinic in 1998 with certificates 2 & 3 in business administration. I have two small children to keep me busy. Hannah is 7yrs old and my youngest Jack is 4yrs old. It's preschool this year for Jack, so I have been keen to return to the clinic to help out on the front desk a few days each week. It's been great to see so many familiar faces. In my spare time as a mum I enjoy Pump Classes at the gym just to keep me on my toes.

WORLD TRIATHLON CHAMPIONSHIPS



Brooke has qualified to compete at the World Triathlon Championships in the 20-24 category which will be held in Hamburg in September of this year. Brooke has been travelling around Australia for various selection races in order to qualify over the past few months. Most recently Brooke competed in the Busselton Half Iron Man triathlon which consisted of a massive 2km swim, 90 km bike ride & 21km run !!! Brooke came 3rd in the 18-24 category in a time of 4 hours and 37 minutes. The event in September will consist of a 1500m swim, 40km cycle and a 10km run.

WORLD INDOOR HOCKEY CHAMPIONSHIPS

You may have noticed that Matt was away a little bit in January & February. On his way to the Indoor Hockey World Cup in Vienna, Matt played games in Russia, Denmark & Germany. Our Australian team finished 8th overall, with victories over Russia and Trinidad and Tobago, drawing with Switzerland and losses to Czech Republic and Germany.



RECIPE OF THE MONTH: CHICKEN PONZU

INGREDIENTS

- 40ml fresh lime juice
- 40ml fresh lemon juice
- 80ml mirin
- 60ml light soy sauce
- 1 tbsp light oil
- 6 green shallots
- Steamed Japanese rice
- Wasabi
- Chicken Breast (skin on preferred)

INSTRUCTIONS

To make the ponzu sauce place the juice and mirin in a small saucepan. Bring to the boil, simmer for 1 minute then remove from the heat and set aside to cool. Add the soy and stir to combine. With a sharp knife, carefully cut the bone out of each cutlet, leaving a boneless fillet with skin on. Pierce the skin of each piece of chicken several times with a skewer or fork. Season well.

Heat. Cook the chicken skin side down for 2-3minutes or until skin is golden and crisp. Turn over cover with a lid and cook for a further 2-3 minutes or until chicken is cooked through.

Transfer chicken to a chopping board and slice into 1cm thick slices. Pile chicken onto a serving platter, sprinkle with shallots and drizzle with ponzu sauce. Serve with rice and wasabi or hot mustard.