

FOOTNOTES



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TEAM NEWS

WELCOMING ZOE



Zoe with "Barry the Banana"

Congratulations Kylie & Rob !

A word from Kylie & Rob:.....

"A big thanks to everyone for their best wishes and generous gifts.

Our lovely daughter, Zoe, is thriving and we are enjoying parenthood!"

CONGRATULATIONS TO MATT!

Matthew attended the ACT Hockey awards night where he won the Competitors Best & Fairest Player for the year.

The "Brophy Medal" (as the award is known as) was a big surprise to Matt. He collected the highest tally of votes at the end of the season, capping off a very enjoyable year.



SPORTS MEDICINE CONFERENCE: FIJI



Paul has recently had the privilege of presenting at the

National Sports Medicine Conference. This year it was held "off Shore" for the first time in Fiji.

The conference was attended by sports medicine professionals both nationally and

internationally which gave Paul the chance to catch-up with a few of the people who also worked at the Commonwealth Games.

Paul presented 2 workshops that were well received.

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
Kylie Schramm
Gabriela Luksza
Matthew Hotchkis
Brooke Niven

Admin Support:

June Copeman
Ane Apps

Office Hours:

Mon-Fri: 8am- 5pm
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PODIATRY MATTERS: **SUMMER FIT TIPS**



The sun is out and so are the people. As the weather is warming up we have noticed a great deal more people out and about exercising.

However a warning to be careful around this time of year. Don't go nuts trying to shed those winter kilos too quickly! Increasing activity levels too fast can lead to injury.

Training errors are among the most common predisposing factors in the development of sporting injuries. Your body needs a sufficient amount of time to make physiological adaptations to exercise.

Therefore you should not increase your overall activity levels by more than 10% per week.

Increasing activity levels can be in terms of volume (quantity and duration) or intensity (quality).

For example if you want to

increase your run by 10 minutes do not increase the speed at the same time.

New training activities that place demands on different muscle groups and joints must also be progressed slowly as not to cause injury.

Recovery is essential for the body to repair. Therefore your training programme should incorporate rest days.

Another factor to consider is the age of your footwear. Cushioning in general lasts for eight months (of running activity). Sunlight, water and chemicals can deteriorate the cushioning as well

We generally advise replacement of footwear every twelve months. However if you are unsure of the state of your footwear bring them in for us to have a look at.



CRACKING UP

During warmer months many of us have the problem of cracking heels.

It is important to maintain moisture levels to the skin. Creams such as Akileine and Du'it nourishes dry feet and are available from our front desk.

It works by hydrating and slowing down the formation of callusities, making the skin supple, soft and elastic again.



Fissures (cracks) in the heels can form with excessive dryness. A good quality foot cream is great for preventing this problem.

Akileine and Du'it are unlike common moisturisers in that they are not



sorbolene based. They contain the active ingredient urea that increases the moisture locking action.

RECIPE OF THE MONTH: STRAWBERRIES, TOFFEE & BRIE

INGREDIENTS

- 1 King Island double Brie
- Freshly Ground Black Pepper
- 1 Punnet of Strawberries

Toffee

- 1 Cup of Sugar
- 1/4 Cup of Water

SERVING INSTRUCTIONS

Place Brie on serving Platter and arrange hulled strawberries on top to form a pyramid. Sprinkle Brie with lashings of Freshly Ground Black Pepper.



Toffee: Place sugar and water in saucepan on high heat. Stir until sugar is dissolved, then allow to boil rapidly until toffee begins to colour slightly (pale gold). Remove from the heat and allow to cool a little. Drizzle over pyramid of strawberries. Create chards of toffee as it begins to set. These can be placed over the pyramid.

Serve with plain crackers and watch your guests go ohh aah Mmm...