

FOOTNOTES

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HEALTHY FEET

It is important to maintain healthy feet for individual well being and mobility. Obesity can put people at risk of long term foot, leg, back and other chronic health problems—including, type 2 diabetes, certain cancers, cardiovascular disease and high blood pressure.



Carrying extra weight negatively affects every part of the body. According to Australian Podiatrists, being obese or over weight has a negative impact on the way the foot and lower limb functions during walking, running and other physical activities.

Obesity can also put extra pressure on the joints in the foot, leading to problems in the way the foot aligns and functions.

The beginning of the new year is the ideal time to start or re-start your exercise program. Before embarking on any new exercise program, please consider that most people fall into the trap of doing too much too soon. Gradually ease the time or intensity by no more than 10% per week to allow your body to adapt. The result may be extreme muscle soreness or joint problems. Not surprisingly, the level of motivation is sure to drop if these problems occur. The key to any successful exercise program is to make it achievable, easy to do and most importantly FUN!! You don't have to be training for the Olympic Games to exercise. Regular physical activity is important for every body. Start small, recruit the help of friends and family, consult your Doctor if your return to exercise is after a long break. Your podiatrist can assist with footwear advice if your shoes are past their use by date.

How Well Do You Know Your Feet ????

It's easy to take the two feet we are born with for granted, but just try living life without them!! Spend a few moments to test your knowledge (no peeking—answers over the page)

1. In an average lifetime, how many kilometres would your feet take you?
2. Each foot is made up of how many muscles?
A: 15 B: 19 C: 26
3. Fill in the blanks... Feet absorb ___ times our body weight during normal walking and ___ times when jogging.
4. Did you know there are 2.5 million sweat glands in your body?

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:

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Introducing our New Team Members

... Ryan Twist

Originally from New Zealand but raised in Melbourne, I have moved to sunny Canberra to pursue my passion for Podiatry and sport. My degree has taken me to places all over Australia and the world including Newcastle, Glasgow and London where I was able to gain new exciting experiences and broaden my horizons in Podiatry.

I have a key passion for adventure activities, cricket, hockey, rugby, soccer, travelling the globe, surfing, snowboarding, cooking and keeping fit.

I have been lucky enough to represent my state in cricket and hockey, as well as for Scotland at a first class level. In my spare time you will most likely find me cooking up a storm in the kitchen (or at least trying to!). I look forward to the challenges that lie ahead of my new life in Canberra



....Samuel Abdelmalek

After gaining my qualification in podiatry and sports massage therapy in my home town of Melbourne, I was lucky enough to work along the southwest Victorian coast in Warrnambool for almost 2 years before deciding I was ready to pursue my interest in sports podiatry - and what better place to do that than in Canberra with the team at The Foot Clinic.

Apart from looking at feet, my main hobbies are watching and playing Aussie rules football (maybe I should have kept that quiet), rugby league and tennis - although I have a small feeling I'll have to add rugby union to that list pretty soon!



RECIPE OF THE MONTH:

Mandarin Duck Salad

Ingredients

- 1 x BBQ duck
(can be bought already de-boned, or if you prefer you can De-bone yourself.
- 400grms washed rocket leaves
- 1 cup toasted walnuts
- 300grams of mandarin Segments

Dressing

- 1/4 cup orange juice
- 1/4 walnut oil
- 1 x tablespoon sugar
- pinch of salt and pepper



Instructions

Cut duck into strips (approx 1cm x 5cm) warm duck in oven 200 .C for 15-20 minutes, cover with foil. While duck is being heated place rocket leaves on a platter or divide into individual plates. Toast walnuts on frypan. When duck is ready arrange on rocket, top with mandarin segments and walnuts.

Dressing Combine oil, orange juice and sugar with a pinch of salt and pepper. Drizzle over duck and salad.