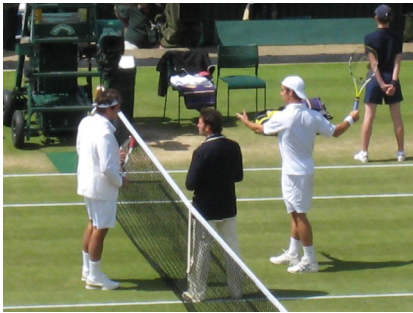




AUTUMN NEWSLETTER

Avoiding Summer Sports Injuries



Too much too soon can cause injuries.....

Summer usually sees the start of Summer pre-season training, and with the warmer weather starting to show there will be a noticeable increase in the amount of people out on the streets exercising .

However, here in lies the problem, whether it is training for sport, getting fit or trying to lose the extra kilo's gained in winter it is important not to push yourself too early.

Overuse injuries due to training errors are a common cause of injuries to the foot and lower limbs. By introducing gradual increases into you training routine, whether it be running or in the gym, this will help reduce the amount of stress placed on muscles that have been hibernating. Remember your body is the best indicator when something is not right - look after it and it will look after you!!



**PAUL FLEET ABROAD
LONDON**

Recently Paul Fleet our Director of Podiatric Care at The Foot Clinic, was invited to give a lecture to the **British Society of Podiatrists** in London.

As you may know Paul has been influential in the area of fundraising for The Podiatric Research Foundation here in Australia. His audience were very keen to understand how our foundation works here in Australia and the exciting developments that are about to be implemented here to help dramatically increase research funds available for Podiatry.

Photographed here is the "Chairman's Chair" - over 100 years old from the original British Society of Chiropodists Boardroom.

The words inscribed are of most interest....

"POST CURAM OTIUM"

Which means.... "After Treatment Comes Relief"

DISCOUNT - DON'T MISS OUT ?

Needing a second pair of Orthotics ? Save 25 % on your next pair of orthotics if you order a second pair within 12 months of receiving your first.

Ask us about our Family Discount....

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
Samuel Abdelmalek

Admin Support:

June Copeman
Michele Ferriera
Samantha Smith

Office Hours:

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

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HEEL PAIN – Calcaneal Apophysitis

Inflammation of the Growth Plate of the Heel Bone

Calcaneal apophysitis (also called Severs disease) commonly affects children between the ages of 10 to 14. The condition can require on going management for approximately two years. It's caused by the excessive pull of the Achilles Tendon on the back of the heel. Pain is produced due to irritation of the secondary growth plate that is found at the back of the heel bone (calcaneus).



The pain can be centered at the back of the heel, but can radiate up along the Achilles Tendon. Pain can be severe enough to cause a limp or stop the child from playing sport. The condition is frequently aggravated with an increase in activity level such as the starting a seasonal sport such as an athletics carnival.

Treatment

1. Stretches for the calf muscles are often prescribed to increase the flexibility of the ankle joint. This allows for a decrease in the pulling effect of the Achilles Tendon and calf muscle.
2. Heel raises may also be placed into the patient's shoes in order to reduce the tension from the calf muscle.
3. Appropriate stable shoes for physical education and sport.
4. Orthotics maybe prescribed to control abnormal foot function (ie. Pronation: excessive rolling in of the feet).
5. The application of ice and anti-inflammatory cream to the heel.
6. Rest from sporting activity.

THE COOK OFF – 3 Little Pigs Become the Winner !



In this years Foot Clinic “Cook off ” we saw the combined team of Paul Fleet and Samuel Abdelmalek take honours with the Assiette of Pork proudly called

“ The Three Little Pigs ”. Each team had exactly 30 minutes to prepare and present their dish for the judges. Paul and Sam worked hard producing:



Memphis Dust

Combine ingredients, rub into a rack of pork ribs and leave overnight. Slow cook in the BBQ (or oven) at 110 degrees Celsius for 3 hours, turning every 30-45 mins. Just remember to keep an eye on the temperature. Anything too hot will make the sugar burn in this recipe.

- 3/4 Cup Brown Sugar
- 3/4 Cup White Sugar
- 1/2 Cup Paprika
- 1/4 Cup Salt
- 1/4 Cup Garlic Powder
- 2 Tbs Ground Black Pepper
- 2 Tbs Ground Ginger Powder