

FOOTNOTES



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FOOTBALL 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 a 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



CHILBLAINS

Chilblains are caused by exposure of the feet or other parts of the body to excessive cold. The most common locations on the feet for chilblains to occur are: At the ends of the toes, over the big toe joint, (1st metatarsophalangeal joint), and at the heels. They occur due to an abnormal response of the body to the cold. Adequate levels of blood fail to reach the small blood vessels in areas such as the ends of the toes, leading to a build up of toxins (no oxygenated blood). This produces inflammation at the area that can, in turn, lead to a blister developing. A burning or itchy sensation is often experienced with a chilblain. Feet should be warmed slowly after being exposed to cold in order to reduce the risk of chilblain development. It is best to apply warm layers (eg. socks) to achieve this. Restrictive footwear should also be avoided to allow for adequate circulation to the feet.

Do Keep feet at a constant temperature.

Avoid Warming feet up or cooling them down too quickly, eg Bare feet on cold floors

Avoid Vasoconstrictors such as cigarettes. Sleeping with the electric blanket on.

Thin soled shoes

EARLY FOR YOUR APPOINTMENT ?

The front office staff are more than happy to make you a cup of coffee or tea. Please don't hesitate to ask. Also available is chilled water, to the right of the Reception desk, next to the shoe wall.



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:

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Spending nights in a motel room soaking tired aching feet, is for some, testimony to a day of serious sightseeing. However, for the well prepared traveller there can be other ways to enjoy your holiday

TRAVELLING AND YOUR FEET



With a simple good foot health routine before and during your holiday, your feet will last the distance and carry you on through the ruins of Pompeii or across the Great Wall.

Before you go....

If you're not used to regular exercise such as walking, start training now. Try walking for a least 30 minutes each day. You are likely to be on your feet longer than this, but with the right preparation you'll find the going a little easier. Book your General Treatment Appointment well



ahead to secure your foot health check before you go

During the Flight..

Swollen feet are a common complaint when flying. To avoid this discomfort, try the following:

- *wear your most comfortable shoes on the plane, as your feet may swell
- * Drink plenty of water
- *Walk around the cabin when possible to keep your joints mobile.
- * Take note of the suggestions on the flight safety video.

Seeing the Sights..

Avoid lengthy walking in the middle of the day when feet are more likely to swell, especially in warmer climates. Wear comfortable socks that are not too tight. Air shoes and socks well at night, to avoid tinea and other fungal spores from thriving. Carry spare antiseptic and sterile bandages to treat blisters or cuts to the feet.

RECIPE OF THE MONTH: STEAK WITH CHERRY TOMATOES AND CANNELLONI BEANS

Serve this with a rocket and parmesan salad with the lightest drizzle of extra virgin olive oil and a squeeze of lemon
Serves 4

INGREDIENTS

- 3 Tablespoons Olive Oil
- 2x 400g tins cannelloni beans, rinsed
- 1/2 teaspoon chilli flakes
- 1 small red onion, sliced into thin wedges
- 250g cherry tomatoes
- 4 x 180 g strip loin (new york cut) steaks
- Sea Salt
- Freshly ground black pepper

TO SERVE

- 1 tablespoon balsamic vinegar
- 1 tablespoon fresh oregano leaves



INSTRUCTIONS

Preheat the oven to 200oC. Pour 2 tablespoons of the olive oil, the beans, garlic, chilli flakes, onion and tomatoes into a small baking dish and stir together. Loosely cover with foil and bake for 25 mins, then remove the foil and bake for a further 5-10 minutes, or until the onion is tender and the tomatoes start to pucker.

Meanwhile, brush the steaks with remaining oil and cook for 3-4minutes each side (for medium) Leave the steaks to rest for 5 mins

When ready to serve, slice each steak into 5 or 6 pieces. Serve with the beans and tomatoes, topped with a little balsamic vinegar and a sprinkling of oregano.