

Newcastle Family and Sports Podiatry

Newsletter for Spring 2011

Home of Healthy Feet

[www.newcastlepodiatry.com.au](http://www.newcastlepodiatry.com.au)



## NOT JUST FEET Rehabilitation of your Hip, Knee, Leg and Foot

As Podiatrists it is important to look at more than just feet. Being able to assess and rehabilitate core stability, hip and pelvic control, the knee and its relationship to lower limb and foot function helps us in ensuring we address all factors to assist your injury, walking and running style.

This can include acute injury management and treatment for hip, knee, lower limb and foot, basic to comprehensive strength programs, return to run progressions and referrals.

A common example is pain in the front of the knee which is commonly diagnosed as Patella-Femoral Pain Syndrome. This is an umbrella term and actually can involve a large range of different structures. Therefore treatment will differ depending on the structures involved. Treatment will usually involve knee focused exercises in order to optimize knee function. It is important to assess hip level function and treatment will commonly involve hip based exercises to control internal femoral rotation. Of course the foot is an important contributor and most knee pain reoccurs if this is not addressed. Off the shelf orthoses just don't assist and the correct prescription, functional foot orthoses are often required.

Kurt Robertson, Podiatrist in our practice has been working closely with and trained by Physiotherapists, has bought new programs to diagnose and rehabilitate knee, hip and lower limb injuries.

Whether you are a professional athlete or someone who wants to walk along the beach, rehabilitation programs are personally designed for you and your goals.

For more information on any lower limb condition from low back pain down to your toes and how we can help, contact our office and ask for a biomechanical assessment with one of our skilled podiatrists.



Our great relationship with Athletes Foot *Charlestown Square, Stockland Greenhills & Stockland Glendale* continues. These stores are offering a 5% discount off recommended retail prices with this newsletter in hand. This offer is for the exclusive use of Newcastle Family and Sports Podiatry patients. **ONLY** available at The Athletes Foot *Stockland Greenhills, Stockland Glendale & Charlestown Square*. Valid until 30th November 2011.

(not available with any other offer)

## Great News!

Podiatrist Helen Claybourn is pregnant and due in February 2012. Helen will be seeing patients until the end of the year and returning in the future as her healthy family grows. Helen will introduce you to the Podiatrist who will take care of all your podiatry needs whilst in her absence with either Adam, Joanne, Ashley, or Kurt, as time goes by. If you have any concerns please feel free to discuss them with Helen or our practice manager Meagan.

We wish her, Andrew and bub all the best.



## HOW IMPORTANT IS YOUR ORTHOTIC REVIEW APPOINTMENT

Your orthotics are designed to assist you in resolving pain and play a preventative role in your activity and sports. When your prescribed an orthotic it is important that they maintain there support and control to optimise your lower limb function and keep you pain free.

As orthotics are worn most days and sometimes constantly, the wear and tear on them over a 12 month period can be excessive. This may cause the orthotic to loose some control and not be doing what it was prescribed to do.

As function of your lower limb and foot can change rapidly, irrespective of age, your orthotics can sometimes not be doing all they need to do to keep you symptom free when this occurs.

Assessing your needs on a yearly basis is a minimum to ensuring good lower limb and foot health.

Correcting any angles that may have gently changed with wear, discussing exercise goals and ensuring your orthotics will help you to achieve these are all important to minimise injuries and allow your orthotics to play their preventative role.

If your over your 12 month review time phone our reception staff straight away to arrange an appointment and get you back on track and your orthotics working the best for you.



## Staff Development Weekend at Hunter Valley June 2011

In June this year the whole team participated in a weekend with our main focus on a functional program designed to enhance patient care. With challenging team activities put before us from Pinnacle Team Events, a great wine tour of First Creek Winery thanks to John Earl and also Steve Henderson of Sunrise Fitness putting us all into action for some fun exercise and a great time.