

Newcastle Family and Sports Podiatry

Newsletter for Autumn 2012

Home of Healthy Feet

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HOW IMPORTANT IS YOUR ORTHOTIC REVIEW?

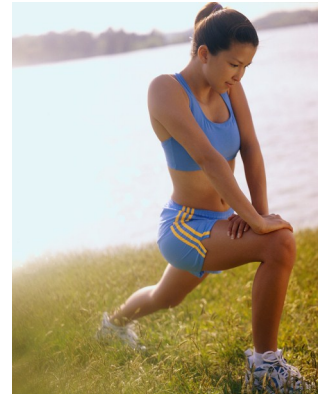
Your orthotics are designed to assist you in resolving and preventing pain in your activity and sports. When you are prescribed an orthotic is it important that they maintain their support and control to optimize your lower limb function and keep you pain free.

As orthotics are worn most days and sometimes constantly, the wear and tear on them over a 12 month period can be excessive.

Along with our whole body, the function of your lower limb and foot can change rapidly, irrespective of age, this is why your podiatrist will indicate at what stage you should have your orthotics checked depending on your activity level and foot type.

So if you haven't had your orthotics checked in the last 12 months please contact our reception team to arrange an appointment to get you back on track.

Remember, when you receive your postcard in the mail—its time to make an appointment with your podiatrist to check your orthotics are functioning effectively for you.



ALLAN BOYS

A special welcome back to Allan who has returned to mentor our junior professional staff and pass on his abundance of knowledge and experience.

Whilst not available to see patients, some of you may encounter Allan whilst he guides Kurt Robertson but particularly Paul Mountford.

A former practice partner Allan's family established the practice over 80 years ago and guided it to become one of the leading Podiatric medicine facilities in the country.



YOUR APPOINTMENT

Your scheduled appointment time is important to us, so please ensure your name is marked off as soon as you arrive to maximise your time with your podiatrist.

Please see the girls at front desk on arrival.

MEET OUR PODIATRY FAMILY

ADAM GLASCOCK

Our Principal Podiatrist was recently elected **President of the Australian Podiatry Association of NSW & ACT**. Tasked with guiding the association board over the coming two years via a strategic plan including increasing the awareness of podiatric services in the community. As practice owner Adam leads a team of 12 including four podiatrists, podiatric assistants and support staff. With a special interest and focus on paediatric biomechanics, Adam lectures to groups as far as Merriwa and Coffs Harbour on the need to have children assessed for early intervention in respect to the lower limb. Assessing and treating children from newborn through to adolescence with a key focus of preventative treatment.

KURT ROBERTSON

With a passion in sports podiatry, focusing on lower limb rehabilitation and biomechanics Kurt comes from a strong sporting background. Currently treating our Newcastle Knights and more recently the Newcastle Jets. Through his work with the Knights he understands the importance of performing at an optimal level and how your lower limbs influence this. Kurt works closely with sports physicians and other health professionals in finding ways to improve performance as well as recovering from injuries. Kurt has recently begun post graduate study in rehabilitation with an aim of completing his work in the next two years.

JOANNE KOHLHAGEN

Joanne has been with our practice since 2006 and has a special interest in gerontology, healthy ageing and maintaining mobility as people age. Joanne's expertise lays in caring for diabetic patients with a focus on preventative care. Joanne firmly believes that professional continuing education is an absolute must to deliver the best possible outcomes for her patients.

PAUL MOUNTFORD

Paul has been involved with the practice since 2010 and comes from a sporting background as a former Australian Pro Junior surfer, competing on the Australian Professional Junior series until 2003 and representing Merewether Board riders club and surf labels Quicksilver. Paul completed his Podiatry studies at Newcastle University and specialises in general and sports podiatry. Paul continues to be mentored by Adam and Allan and draw from their vast experience as well as emerging evidence in the field.



Australian Podiatry Association NSW & ACT

