

Newcastle Family and Sports Podiatry

Newsletter for Winter 2012

Home of Healthy Feet

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



## CHILDREN IN SPORT

With the progression of the winter sports season it is the time when knee pain starts to appear in our children.

We tend to see an almost immediate influx of children needing urgent attention due to pain after moving from thongs and bare feet into football boots and running shoes. This can be caused by an increase in training on soft rugby/soccer fields, hockey fields and netball courts.



Commonly knee pain in children is mis-diagnosed and poorly treated or worse still placed into the “growing pains” basket with parents told to “wait and see”. It is important to diagnose and treat these pains quickly to prevent kids being forced to sit on the sideline.

A number of pathologies appear around the knee and whilst commonly presenting in the 9 to 13 age group they also manifest outside this age bracket. Pain over the ‘bump’ just below the knee (the tibial tuberosity) known as Osgood Schlanders disease is commonly under diagnosed; as is Sinding Larsen Johhanson syndrome (pain in the bottom of the patellae). However, both knee conditions will stop sport and cause pain. Of greatest concern is the fact that knee pain in children can also indicate in rare cases serious hip pathologies that when left untreated have devastating effects.

All of these conditions commonly have a biomechanical component and when assessed, and addressed though stretching, rest, footwear and appropriate prescription functional foot orthoses your child will have the best possible chance of staying in their sport pain free.

**Put simply our children don't need to have pain to play sport  
Early assessment and treatment is the key.**

## PROLOTHERAPY

Adam, Kurt and Paul recently travelled down to South Australia to train under Dr M Taylor and learn about the benefits and application of “Prolo”. Dr Margaret E Taylor Sports Physician/GP has been treating patients with Prolotherapy for over twenty years with astounding results.

Essentially it is a series of injections with glucose and anaesthetic that allows an element of control over the inflammatory process involved with healing specific structures. The result of this control is a reduction in pain produced by neural tissues and improved healing of collagenous structures.

Prolotherapy has proven to be successful in the treatment of osteoarthritis, achilles tendonopathy, plantar fasciitis, neuromas and a whole host of ligament and tendon health problems. NFSP will commence prolotherapy practice in coming months which is exciting news for both us and our patients.

## NFSP now offering Shockwave Therapy.



Shockwave Therapy is a new technology available in Australia and we are excited to be the first clinic in Newcastle to offer this therapy. After trialing the modality for two months and achieving amazing results we will be offering this treatment as of the 1st of July.

Shock Wave Therapy is the application of a high-energy sound pulse transmitted into the tissue of the injured body part. The aim of shockwave is to stimulate the body's natural healing process, thus reducing pain and promoting the reabsorption of abnormal deposits in tendons and soft tissues.

It has been shown to provide increased healing and pain relief in many chronic conditions including heel pain, shin splints and achilles pain. Approximately 80% of all patients report a substantial improvement after the second treatment.

It is simple, safe and effective.

### Enhanced Primary Care (EPC) referrals.

To ensure that you are covered for your treatment, we recommend that a new referral be obtained from your GP.

If you are unsure if still have a current referral please see Heather or Kim.

### ARE YOU WITH BUPA OR HCF??

PLEASE SEE RECEPTION STAFF TO UPDATE YOUR RECORDS TO MAXIMISE YOUR HEALTH FUND REBATE.....

THIS IS DUE TO CHANGES WITH THESE HEALTHFUNDS AS OF JULY 2011

## We are going back to Preschool



Your children's legs and feet need to be checked just like their teeth.

Our principal podiatrist, Adam Glascock is currently talking at pre schools in the Hunter region and beyond. As far away as Merriwa to get the message through to parents and to educate early child hood staff in how to recognise what to look for in children's feet and legs and when to refer for our help.

Paediatrics in podiatry is a very special field and only through treating children frequently is it possible to recognise the conditions that need treatment.

If you have a pre-school, school, or other group who would benefit from our education please contact us to organise a time.

*Remember*

*it is never to early to assess.*



Australian Podiatry Association NSW & ACT

