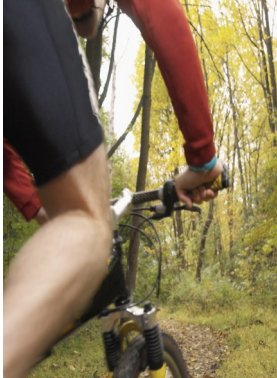


Newcastle Family and Sports Podiatry

Newsletter for Spring 2012

Home of Healthy Feet

www.newcastlepodiatry.com.au



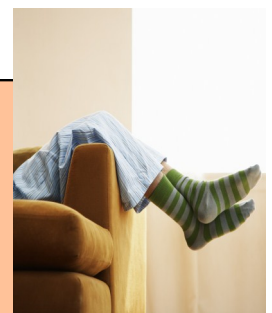
KNEE PAIN

The knee has been reported to be the most commonly injured joint in the body. It has been attributed to 27% of all sporting injuries. A common cause of sporting knee pain is the Patella-Femoral joint. The Patella-Femoral joint is the joint behind your knee cap and accurate diagnosis as well as screening of the causative factors of your knee pain is imperative in ensuring a speedy recovery.

The majority of Patella-Femoral pain can be managed by rehabilitation rather than surgery. Here at Newcastle Podiatry, our podiatrist are able to identify all of the factors involved in the development of your pain. Factors that may contribute include excessive movement in the joint, abnormal femoral/hip rotation, knocked knees, bent knees, foot instability, imbalance or a combination of these. Participating in activities such as basketball, hill and stair running and numerous others can exacerbate this pain.

Our Podiatrist's can provide rehabilitation protocol including exercises, mobilisations, taping techniques and prescription orthotics. It is extremely important that all the contributing factors are assessed and treated to achieve the best possible outcome.

If you suffer from persistent knee pain you should limit painful or strenuous activities and consult your podiatrist. Early intervention and treatment can be very efficient in reducing pain.



October.. is Foot Health Month

The theme is '**Sock it to Diabetes!**' Lower limb amputations inflict a huge toll on our society both financially and most importantly emotionally. Many people lose toes, foot or lower limbs through complications from diabetes every year.

Some people think because they control their blood glucose levels(BGLs) by tablets, they are no longer at risk. This is not the case; all people with diabetes could be at risk if not vigilant in looking after their feet and knowing their foot health status.

If you have diabetes and are unsure if it has affected your feet, you would benefit from a diabetic assessment by one of our podiatrist's. See the girls at receptions today to book in for your diabetic assessment.

Vigilance and podiatry services can and do reduce the numbers of amputations in high risk feet.



How far will I walk during my lifetime?

You may be astonished to know your feet will walk about 120,000km during your lifetime. On an average working day alone your feet can travel up to 24km, while absorbing up to three times your body weight. As you'll only ever have one pair of feet it makes sense to look after them. Speak with your podiatrist if you experience any problems.

Your Appointment

At Newcastle Podiatry we strive to be on time for your scheduled appointment. Sometimes, an urgent issue may arise which requires additional time from our podiatrists to provide the required treatment to another patient. We try to accommodate this as best we can, without delaying other patients.

Please phone our practice to notify us if you are running late as we may be able to proceed with other patients, and in turn accommodate your appointment when you arrive.

Alternatively we can reschedule your appointment for another time.

Due to limited parking availability, we would suggest to allow yourself an extra 10mins to find a park prior to your scheduled appointment.

RURAL WORKSHOP

Kurt Robertson was recently invited by the Australian Podiatry Association of NSW to provide continuing education workshops for rural podiatrists. Kurt travelled to Wagga Wagga, Orange and Tamworth in July and August along with Briggate Medical.



An invaluable insight on some of the latest research and technology was provided around the use of Doppler Ultrasound for Peripheral Vascular Assessments.

It was a pleasing assurance that at NFSP we are providing the cutting edge in vascular assessment and reporting regarding Diabetic Assessments.

Kurt's presentation was on the diagnosis and management of ankle injuries. His goal was to allow all of the participants to walk away with a new skill they could apply clinically.

Over a two hour workshop they were able to cover predictive and predisposing factors, diagnosis, anatomy, rehabilitation exercises, return to sport protocols and taping/bracing. Kurt had a great time getting back to his country roots and is looking forward to going back on the road later in the year.



DISABLED PARKING

Please be aware that there is designated DISABLED PARKING directly out the front of our practice (between the two driveways). If you have parked in this area without the correct notice displayed, you may incur a parking fine.

Please consider our patients and clients who genuinely require this designated parking space.



Australian Podiatry Association NSW & ACT

