

Newcastle Family and Sports Podiatry

Newsletter for Autumn/Winter 2010

Home of Healthy Feet

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Changes at Newcastle Family & Sports Podiatry

You may have noticed that there is new stationery & logos for Newcastle Family and Sports Podiatry. Adam, Allan & Amanda have been working on this project over the past year. It has been a long process, but a very exciting and rewarding one at that. We launched our new stationery on 17th June. We would love to have your feedback when you come in for your next appointment.

Allan Boys steps away

Allan Boys has passed over the baton to Adam Glascock after 42 years in practice. On June 30, Allan retired from the practice partnership. We wish him well on his new chapter and we hope he enjoys a well deserved holiday with Bronwyn. We look forward to him returning to the practice in September to consult with the team for a short period. Allan has achieved so much over his career and we will miss him dearly. All the best from the team at NFSP.

New faces within NFSP family

We welcome Lauren & Andrew to our practice family. Lauren is currently studying Podiatry at Newcastle and has a 6 month break and has joined us as a Podiatry Assistant. Andrew has come from another healthcare practice and has taken the role as Assistant Practice Manager.



Preventing Walking Injuries

Walking preparation

Walking is a popular physical activity that is enjoyable, inexpensive and fun. Nearly everyone can walk, whether is for health, fitness, recreation, relaxation or transportation.

Benefits of walking

Regular walking will improve your overall health and fitness. Just 30 minutes a day can increase cardiovascular fitness, bone strength and muscle power. It can also prevent heart disease, stroke, type 2 diabetes, colon cancer, osteoporosis, depression and lower back pain.

Safety tips for walking

Good preparation is important

- If you are just starting your activity program, it's a good idea to first check with your health practitioner.
- Always warm up and cool down by walking slowly. Remember to stretch your leg muscles, particularly your calves and thighs. This will help your body prepare for the activity ahead and prevent injury. For stretching advice ask one of our Podiatrists for assistance.
- Drink plenty of water prior and after walking and consider taking a drink on longer walks.

Good technique and practices will help prevent injury

- Start walking gradually, increasing the length of stride and pace as you go.
- Use the right technique. Walk at a steady pace, swing your arms freely and stand as straight as you can. Poor posture or exaggerated movements can contribute to injury.
- Be able to have a conversation whilst walking. If you can't slow down, as you are probably walking too fast.
- Listen to your body. If you think the level of exercise you are doing is too difficult, it probably is!

Walking Surface

Where possible walk on a clear, smooth, even and reasonably soft surface, like grass. If you must walk on uneven surfaces ensure you take extra care and keep a close watch on where you place your feet with each stride.

Walking Footwear

Everyone has different feet and different ways of walking. It is essential that you wear the right shoes and ensure the shoes are comfortable and correctly fitted. Wearing the wrong shoes can cause injuries such as foot or shin pain, blisters and injuries to soft tissue. To avoid such injuries, shoes should be properly fitted. When choosing the right walking shoe, you should look for shoes that are comfortable. This is a priority. Shoes need to fit well they also require shock absorbency. This is the shoes primary role. A lace up shoe is preferred to improve fit adjustment.

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Can help you whether you are competing for an event, going on a walking holiday, require footwear advice or if you have an existing injury. Make an appointment to be assessed with your podiatrist to prevent any future problems.