

**SPRINGWOOD:**

1/1 Laurinda Crescent

COOPERS PLAINS:

2/124 Orange Grove Rd

07 3133 8134

Stretch Out Your Daily Routine!

You may think that stretches are something that only applies to exercise and athletes. Truth be told though, how many people include stretches as part of their exercise routine, especially if they are time-poor? After all, it's the exercise that counts, isn't it? Well, think again! EVERYBODY needs to stretch because this is what maintains and preserves our flexibility, mobility and ultimately our independence!

Benefits of stretching:

- Increases flexibility and joint range of motion
- Improves athletic performance
- Decreases risk of muscle injuries (but do note, stretching isn't a cure for existing injuries!)
- Promotes muscle recovery through improved circulation
- Relieves muscle tension which can cause muscular imbalances, poor posture and alignment.
- Improves stress levels and general well-being

Tips for stretching:

- **DON'T** stretch cold muscles
Stretching is not a warm-up! Stretching cold muscles may actually cause injuries so always make sure you warm-up with a light 5-10-minute walk or jog beforehand. In fact, stretching may be more beneficial if you do it as a cool-down after your exercise once the muscles are nice and warm. Or better yet, add stretching to your routine after a nice, warm shower!
- **DON'T** overstretch
There is such a thing as overstretching! When you stretch, there should be absolutely no pain involved! Only stretch to the point where you feel resistance and hold that position! If you are experiencing pain, you've either pushed your stretch too far or you may have a muscular injury!
- **DO** hold the stretch for up to 30 seconds
Stretching any longer than this won't give you any additional benefits! And if you've only just started a stretching routine, then remember to ease into it! Start off slowly and gently, then gradually build it up. You can even try dynamic stretching, using gentle movements through the stretch rather than holding the stretch position! Activities like Tai-Chi and yoga are good ones to try and can be done as a group activity too!
- **DO** stretch evenly
When stretching, it is important to make sure everything is balanced because muscular imbalances can be a risk factor for injury! There are muscles that work together and muscles that work in opposition to each other, so it is very important to stretch opposing muscles evenly. Also remember to aim for even flexibility or joint range of motion on both sides of your body.
- **DO** focus on specific muscles
If you only do a quick stretch, then at least focus on your major muscle groups, i.e. calves, thighs, back, neck, shoulders. Also focus on activity-specific muscles and make sure you stretch after your activity to prevent tightening of the muscles.

So stretch out your daily routine with a few stretches! You'll definitely feel a lot better and more ready to tackle your day! Just remember, once you've started, be sure to maintain the habit! Otherwise any benefits you might have gained from your stretching can disappear!

PRODUCT OF THE QUARTER – FRANKIE 4 JACKIE SNEAKERS

Frankie 4 have done it again! They've taken all the good parts of their fan-favourite Ellie, Jenni and Nat sneakers, and given us the Jackie! Available in silver, white, and blush, Jackie is sure to be the hot new sneaker this season!

With soft leather uppers and packed with loads of cushioning, the Jackie sneaker really does feel like you're walking on clouds! But don't let that fool you! Beneath those clouds, the Jackie also comes with heaps of support! With a higher heel cup, the Jackie cradles your heel, giving you more support and stability around your heel and ankle. And like all Frankie 4 shoes, the Jackie also comes with arch support and their patented custom-fit pack, filled with removable podiatrist-designed footbeds and forefoot pads.

The Jackie sneakers have been flying off the shelves since they arrived, so don't leave it too late and miss out! Get yours now while stocks last!

Only available at the Springwood clinic

Upcoming Events

Diabetes Education

Night: Monday, 9th July

5.30pm-8pm

In conjunction with National Diabetes Week, we are hosting a FREE Diabetes Education Night. Come along and hear from several of your local health professionals on how diabetes can affect your life and how to better manage your health and lifestyle with diabetes! Registration required so call 3133 8134 to RSVP!

News

Referral Contest Winner

Congratulations, Michelle, for winning our second Referral Contest! We hope you enjoy your brand-new iPad! Thank you to everyone who entered by referring your friends and family to us! There are still other ways for you to win, just ask one of our staff about our special referral program! Also, our next quarterly Referral Contest has begun, this time with a Weber Q 1000 grill up for grabs!! So, start referring!

Sales/Specials

9th-21st April: Shoe Sale

Take 20% OFF selected shoes!

Like & follow us on Facebook for surprise sales/offers!!



We Can't Stress On This Enough!!

Stress fractures are tiny hairline breaks that can happen in the foot bones. A stress reaction is what precedes a stress fracture, where the bone is subjected to excessive or repetitive forces, leading to damage. When this damage is continuous, the already weakened bony area can then progress into a stress fracture.

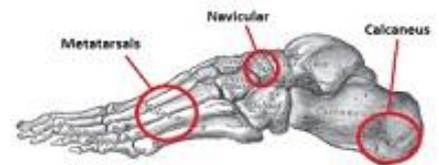
Common Risk Factors/Causes:

- Overuse injuries
- Regular high impact sports/activities – runners, sprinters, jumpers, dancers etc. are all at higher risk of developing stress fractures due to the nature of their sports.
- Trauma from hard surfaces
- Foot structure/alignment, bony deformations, walking patterns.
- Inappropriate footwear
- Existing medications or medical conditions: e.g. osteoporosis, vitamin D deficiency, menstrual disturbances, etc.
- Lifestyle conditions: being overweight, poor diet/malnutrition

Signs & Symptoms:

- Pain that worsens with weightbearing and activity
- Tenderness to touch with the presence of redness and swelling
- Possible bruising

Common Stress Fracture Sites



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Diagnosing Stress Fractures:

Our podiatrists will conduct a physical examination and depending on the presenting history and findings, that alone may be sufficient to diagnose a stress fracture. Most of the time we will refer you for an X-ray to confirm this diagnosis, however we can begin treatment immediately as a precaution while waiting for the results. It is important to note however, that stress fractures may not always show up on an X-ray or ultrasound, and especially if you have a high pain tolerance, you may not necessarily experience undue pain either! Trust us, one of our podiatrists has personally experienced this! In these cases, you will be referred for an MRI, which is more sensitive and can give us more information about the diagnosis and even severity of the situation.

Treatments:

Even though a stress fracture may seem tiny, how you manage it is extremely important for the future of your feet! What we podiatrists can't stress enough on is the importance of immobilising your foot as soon as possible! Improperly treated stress fractures with continued weightbearing and walking could lead to a complete break, bony displacement or the fracture may not heal and recover correctly. This can then impact your feet and your walking, causing further problems down the track and possible surgical intervention! That's a lot of problems for something so small!

The best way to immobilise your foot/ankle is to get you into a special boot/shoe. Now don't be alarmed – this does not necessarily mean you'll need a moon boot! Depending on the site and severity of your fracture, we may be able to get away with smaller, low-topped boots or even something like a post-operative shoe. Either way, the important thing is that we need to get you off that foot (please note that strapping, padding and shoes will not be sufficient)!

When the foot is immobilised, the fracture can then start to heal and the bone can repair. Once the fracture has resolved, further treatment will then be carried out to regain strength and range of movement. If required, we will also look at preventative treatment to reduce the risks of a recurring stress fracture. Our goal is to get you back on your feet, doing the activities you love!

So if you think you may have a stress fracture, don't worry but definitely DO NOT let it go without treatment! Call **3133 8134** now for a consultation with one of our lovely podiatrists at Foot Factor Podiatry:

1/1 Laurinda Cres, Springwood;

OR

2/124 Orange Grove Rd, Coopers Plains.

Don't let pain restrict your participation in life! Your feet matter!

To receive updates on sales, competitions, and special offers:



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