

**SPRINGWOOD:**

1/1 Laurinda Crescent

COOPERS PLAINS:

2/124 Orange Grove Rd

07 3133 8134

Exercise – What You Need To Know

Exercise. A dreaded word for most, but we all know that it is good for us! And now that the weather is starting to warm up, there should be no excuse not to go out and enjoy a spot of Vitamin D!

I'm sure you know the benefits of exercise, but let's do a quick rehash and hopefully motivate you into starting a regular routine!

- ✓ Improved heart function and circulation
 - Plus, this can reduce the occurrences of ischaemic heart disease!
- ✓ Improved breathing and lung function
- ✓ Improves blood sugar control
 - This could reduce the need for medication!
- ✓ Improves joint mobility, muscle strength, as well as bone mass and density
- ✓ Lowers blood pressure, LDL cholesterol (the bad stuff!) and obesity
- ✓ Reduced anxiety, depression, and fears of falling/instability
 - With better body image and strength, why wouldn't you feel good?

And if all that wasn't enough to motivate you, how about this little fact?

Just a 20 minute walk 3 times a week is enough to improve your circulation!

See, you don't even have to do too much at all!

Alright, so now that we've (*hopefully*) got you motivated, I'll leave you with a couple of tips to get you on your way, and to help prevent injuries.

- **Warm-up**
This prepares you by increasing oxygen and blood flow to the muscles, and increasing overall efficiency with better flexibility and range of motion, just to name a few! An effective warm-up is simple and can just consist of some general exercises like jogging or stationary cycling, combined with stretching.
- **Wear good shoes**
Good shoes don't necessarily mean expensive shoes. It should just be suitable for your foot type, and be able to provide you with sufficient support, cushioning and shock absorption for the exercise you are about to do. If you are unsure about your shoes, let your podiatrist know and they will be more than happy to do a footwear assessment and provide advice!

Upcoming Events

October – Foot Health Month

So make sure you see us to get your feet checked!

MO-vement

Our podiatrist, Aaron, is participating in this annual charity event, and we need YOUR help to decide what "mo" he should grow! So please remember to vote in-clinic (Springwood only) or on Facebook – Foot Factor Podiatry (and remember to "like" our page!) – for your favourite 'stache! And if you would like to contribute, please go to: <http://mobro.co/11894937> to make a donation!

25th Dec – Christmas

**Foot Factor will be closed 25th Dec – 3rd Jan, but we wish you a very Merry Christmas and a Happy New Year!*

PRODUCT OF THE QUARTER – CALLUSAN CREAM MOUSSE

Foot Factor have added a brand new product to their retail range – Callusan Cream Mousse!

How is Callusan any different from all the other creams, you ask? Well, let me tell you.

Unlike most moisturisers, Callusan is a water-based mousse. This means that it is more easily absorbed for quicker hydration of the skin. It also means that after each application, you're not left with that greasy feeling that you get with most other creams!

Suitable for sensitive skin and diabetics, Callusan comes in 125ml tins of 3 different strengths. Due to its mousse-like formula, one tin should last at least 4-6 months! And that's with regular once-daily application!

As yet, Callusan is only available through certain podiatrists. So what are you waiting for? Pick up a tin of Callusan when you're in, and start hydrating those thirsty feet of yours!



Heel Pain / Plantar Fasciitis

If you have noticed your heels are sore in the mornings, or become sore whilst walking or running, it may be possible that you have plantar fasciitis. Plantar fasciitis is a very common condition. Other names for plantar fasciitis include policeman's heel, heel spur syndrome, and runner's heel.

Look Out for These Symptoms

Plantar Fasciitis can be extremely painful. It is mainly felt in the bottom of the heel, but can be felt into the arch. Many people describe the pain as a bruising sensation in the heel. Pain can be felt when going up onto the toes or when direct pressure is placed onto the heel.

Pain is usually worst first thing in the morning, but improves with activity as it warms up. However, the pain can usually increase the day after exercise. Occasionally, redness and swelling may be present.



What Causes It

Plantar fasciitis has numerous causes. Some common causes are an increase in muscle work due to an excessive foot roll-in, tightness in the calf muscles, or incorrect footwear.

An increase in activity levels can also be a culprit.

How to Eliminate Pain

Plantar fasciitis will not go away on its own. However, in most cases it can be easily treated, usually with minimal discomfort, and with an immediate significant improvement.

If you believe you may be suffering from plantar fasciitis, you should see a podiatrist. At Foot Factor Podiatry we treat the cause of plantar fasciitis, not just the symptoms. Using the latest evidence based treatments selected upon individual requirements, all podiatrists at Foot Factor Podiatry can implement dry needling, foot mobilisation and manipulative techniques, plantar fascial stretching and fascial release, at-home exercises, footwear advice, and orthotic therapy. Our podiatrists spend time assessing the foot mechanics and prescribe individualised treatment plans.

We've relieved many patients from the pain of plantar fasciitis. If you're concerned, book yourself in with our podiatrists, at Foot Factor Podiatry, 1/1 Laurinda Cres, Springwood or 2/124 Orange Grove Rd, Coopers Plains (central booking ph. 07 3133 8134).

Don't let pain restrict your participation in life!

