

**SPRINGWOOD:**

1/1 Laurinda Crescent

**COOPERS PLAINS:**

2/124 Orange Grove Rd

**07 3133 8134****New Year, New Start!**

Another year is done and dusted, school is out for summer; Christmas and New Years have gone by, and before you know it, it's a mad rush to make sure everything is ready before the kids go back to school. And with how fast kids grow these days, I'll bet their school shoes are the first thing on your to-do list!

More likely than not, they will be needing to go up a shoe size especially if they're still young! Shoe size isn't the only thing you should check for though. Older kids who may not be growing every few months or so, may still need new school shoes. So what should you check for before deciding to hit the shoe shops?

- **Significant wear around the heels** – time for a change if they're uneven!
- **Thin/worn out tread** – this makes the shoes slippery and dangerous!
- **Length** – there should be a finger's width from the longest toe to the end of the shoe, while they are standing in the shoe.

For more information on what makes up a good shoe, go online to our website ([www.footfactor.com.au](http://www.footfactor.com.au)) and watch our video on "Footwear Features".

And don't just check the shoes! While good footwear is important to maintain foot health and function, there are other things that could cause foot problems. Now would be a great time to get your kids' feet checked for any abnormalities or "red flags" that might be causing pain, or that may cause issues in the future. In most cases, the earlier we can diagnose a problem, the easier it is to treat, and sometimes the better the outcome too! We want to ensure that your child can keep participating in school activities and sports!

*As a result, Foot Factor Podiatry will be conducting a **Paediatric Foot Screening** at our Springwood Clinic! We are offering **free screening sessions\*** on Saturday, the 23<sup>rd</sup> of January, so you can bring your kids to get their feet checked. We can also help check their shoes to make sure they are suitable for their feet, and if required, give advice and recommendations on new shoes. Spots are limited for this event so call 3133 8134 now to reserve a session for your child/children!*

\*The screening session is **not** a proper consultation. It involves a brief **10-minute** screening per child to detect any abnormalities or "red flags" that might be an issue for your child, and if required, an assessment and/or advice on school shoes. No treatment apart from advice will be provided on the day itself. If the podiatrists notice an issue that requires attention, you will be advised to book in for a proper appointment for treatment

**Upcoming Events****23<sup>rd</sup> January 2016 –  
FREE Kids Foot  
Screening**

*Free 10-minute screening sessions for children. Start the new year off on the right foot and book now to reserve a spot!*

**News**

*Foot Factor Podiatry would like to thank everyone for their donations towards our Movember fundraiser. Altogether, we managed to raise over \$460 to go towards men's health!*

**Frankie 4 Shoes -  
Introductory Offer**

*Receive \$20 off the recommended retail price of Frankie 4 shoes/sandals when you are the first person to purchase your shoe size from our held stock in January 2016.*

**PRODUCT OF THE QUARTER – FRANKIE 4**

Frankie 4 is a Brisbane-founded shoe brand, designed by a podiatrist and physiotherapist. If you're looking for good, comfortable shoes that are still stylish enough to be worn in public, they've got you covered! After all, their motto is "Saving Soles in Style"!

Frankie 4 shoes come with functional footbeds (insoles) that not only cushion and support, but help facilitate improved foot and leg function. Their signature toe box is anatomically shaped to maintain normal foot shape and function, plus some styles are orthotic-friendly! Frankie 4 also have a range of sandals that have in-built support and cushioning. All Frankies come in half-sizes and the shoes are "custom fit" depending on your foot width!

Foot Factor Podiatry are now stocking certain styles of Frankie 4's at the **Springwood** clinic only. So make sure you drop by the Springwood clinic to try on a pair (or more!) and hopefully start your Frankie addiction! And if all the mentioned features weren't incentive enough, try this for size! \$20 off the RRP – see our Frankie 4 Introductory Offer!



# Sever's Disease/Paediatric Heel Pain

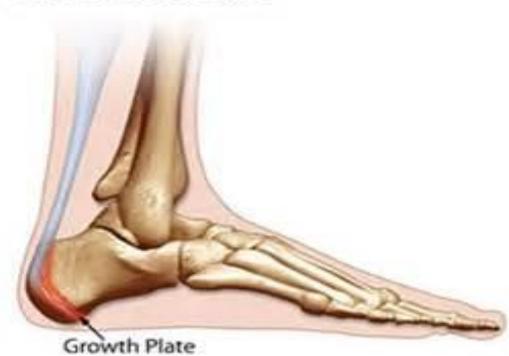
If you have noticed your child is complaining of pain at the back of their heels, particularly in the morning or during activity, it is possible they might be suffering from Sever's disease. Now that might sound frightening, but Sever's disease is an extremely common paediatric ailment that is only temporary, and can be easily managed with no long-term effects. It appears to be most common around the ages of 8-15, and can appear at a younger age in girls compared to boys.

## What is Sever's Disease?

From young, the heel bone develops and grows in 2 fragments – the main body and a growth plate. Sever's syndrome is a condition whereby the Achilles tendon puts extra strain against its attachment on the heel bone, leading to inflammation (swelling) at the growth plate.

This can be aggravated by factors such as activity, tight calves, bad footwear, and poor foot function or biomechanics.

## Sever's Disease



## What are the Symptoms?

- Pain in the morning or getting up from rest, as well as pain during activity (soccer is a big one!)
- Swelling or redness at the back of the heel
- Change in walking style – most children commonly will start walking on their toes
- Reluctance to participate in their usual activities or sport

## How to Eliminate Pain

As mentioned earlier, Sever's disease is temporary. Once the growth plate fuses to the main heel bone (usually by the age of 15), this will no longer be an issue for your child. Don't fret though, there are many things you can do to relieve your child's pain and discomfort in the meantime.

Rest or a reduction in activity is usually recommended, but we know that is impossible as children are naturally active beings, plus we don't want them to have to give up the activities that they love! Icing is an easy pain relief as it can reduce inflammation around the heel. Calf stretches are also good to reduce the strain of the Achilles tendon. Finally, a podiatry appointment is advised to check for aggravating factors (such as poor foot function), and if present, we can provide pain relieving treatments. Here at Foot Factor Podiatry, we believe in treating the causes of Sever's Disease so that we can speed up your child's recovery and help them return to their normal activity.

We've relieved many children from the pain of Sever's disease. If you're concerned, book your child 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).



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