

**SPRINGWOOD:**

1/1 Laurinda Crescent

COOPERS PLAINS:

2/124 Orange Grove Rd

07 3133 8134

Staying on Your Feet – Falls Prevention

Autumn is here. The weather is cooling down, the leaves are falling from the trees, but that doesn't mean you should be falling too! Lame jokes aside, I'm sure everyone at some point in their life, will worry about falls and their resulting injuries. But most people don't take falls and falls prevention as seriously as they should! Well if the reason is a lack of information, let's hope you've changed your mind once you've read this article!

Let's start with the basics. What is a fall?

"A fall is...an event which results in a person coming to rest inadvertently on the ground or floor or other level lower than which they were initially." – World Health Organization

So now that we've established what a fall is, have **YOU** (or a loved one) had a fall in the past 12 months? **YES?** Then you might have injured yourself, **PLUS** you could be at risk of falling again! Even if the answer was no, you could still be **at risk**. So do inform your doctor when you have a fall, or even if you're worried about falling. That way, you can receive the necessary help, and your care providers can work together to prevent future falls.

What else can you do to prevent falls?

1. Seek Professional Help

As mentioned earlier, your doctor is your first line of help for falls prevention. Other health professionals who can help with falls prevention include:

- Physiotherapist/Exercise Physiologist
- Occupational Therapist
- Dietician/Nutritionist
- Podiatrist
- Optometrist
- Pharmacist

2. Be Mindful of Your Footwear

AVOID being barefoot, wearing slippers, or socks without shoes! I'm sure you can imagine how easily you could slip and fall in those cases! Also, ensure that your shoes fit properly, aren't worn out, and that the heels aren't too high! Having good shoes can not only eliminate falls risk, but can improve walking and balance (see reverse for 'The Ideal Shoe').

3. Foot Care

Nail or skin problems, and even foot deformities can cause falls, especially if they cause pain or discomfort. So, see your podiatrist regularly for general foot care, or help with concerns regarding the feet!

4. Keep Active and Exercise

An active and mobile lifestyle is important to avoid problems with balance and walking. Regular exercise like walking or swimming can be good, or you could even try group Tai Chi – great for balance and building a support group!

Upcoming Events

April – Falls Prevention Month

If you've had a history of falls, or if you're worried about falling, see a health professional to get the information and help that you need!

19th June –Brissie to the Bay Bike Ride

The team at Foot Factor Podiatry are participating in this charity event to raise money and awareness for multiple sclerosis. Show your support by sponsoring our team!

1. To donate, visit www.brissietothebay.com.au

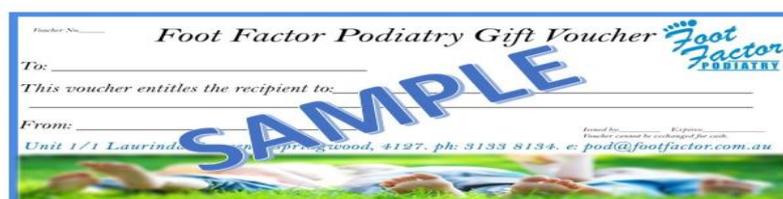
2. Click 'Donate' and search for Foot Factor Podiatry

3. Make a donation – it's that easy!

OR

Come in to our clinic to make your cash donation.

PRODUCT OF THE QUARTER – GIFT VOUCHERS



Is there a birthday or event coming up but you're stuck for gift ideas?

Don't fret!! Foot Factor Podiatry have gift vouchers available for purchase! For your convenience, you can purchase a gift voucher for a full consultation/appointment, or you can contribute a monetary value of your choice towards a consultation.

What better way to show a loved one you care by making sure their foot health and needs are up to scratch!!

Hypermobility

Have you noticed that your child seems to have poor balance and/or coordination? Or maybe they hang back and seem disinterested when it comes to sports or activities? Well, a possible reason for that could be joint hypermobility, otherwise known as ligamentous laxity, or in layman's terms, double-jointedness or floppy, loose joints.

What To Look Out For

Now bear in mind that it is normal for children to be "floppy". After all, when they're still young (<4 years), they may not even have all the bones in their feet fully formed yet! However, if you're suspecting they might be "overly floppy", here are some signs/symptoms to look out for:

- Poor balance/coordination – constant tripping or falling
- Disinterest or lack of participation in sports and activities
- Muscle fatigue with generalised aches and joint pain – might be confused with "growing pains"
- Frequent sprains, rolled ankles, dislocations and injuries
- Flat feet – due to the lax ligaments allowing the arch to flatten/"flop"
- Kids waking at night complaining of sore legs or asking to be massaged

What To Do

Hypermobility *doesn't necessarily* cause pain or problems. In fact, in most cases, children tend to lose some of the flexibility as they get older. However, if they are complaining of aches and pains, or if their lack of balance and coordination is becoming a hazard, then treatment is highly recommended. Usually the younger they are when they start treatment, the better the outcome as they get older. With that being said, hypermobility can sometimes *carry over* into *adulthood* and cause similar problems or musculoskeletal complaints.

At Foot Factor Podiatry, our podiatrists spend time assessing the foot mechanics, and prescribe individualised treatment plans. These can include a range of treatment options depending on the patient's needs, such as exercises to improve balance, coordination and walking, footwear advice (see below for features of an ideal shoe!), and if required, in-shoe padding or orthotic therapy to provide stability, support and pain relief, as well as correction of poor foot mechanics associated with flat feet and muscular/ligamentous overuse.



If you're concerned you or your child may have hypermobility or are displaying any of the above symptoms, call **3133 8143** now for an assessment 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!

