



SPRINGWOOD:
1/1 Laurinda Crescent

COOPERS PLAINS:
2/124 Orange Grove Rd

07 3133 8134

Don't Say "No" To This Type of Rehab!

We often have people who come in saying they need inserts/orthotics because they have pain, aching, stiffness, flat feet, etc. Yes, most of the time orthotics can help with all those issues, but sometimes they're not the be all and end all, and sometimes, they may not even be necessary! What if we told you there's another treatment option that may be suitable for you?

Foot rehabilitation therapy (FRT) is something that we offer at Foot Factor Podiatry as an alternative but viable treatment option for your foot problems. Under this umbrella term of FRT, we have a number of various treatment techniques such as:

1. Foot mobilisation/manipulation

Foot mobilisation involves the gentle movement of your joints to stretch the articular surfaces and surrounding soft tissue in order to promote repair and improve function. These techniques are widely used by physiotherapists, osteopaths and chiropractors, but are rarely used by podiatrists. Here at Foot Factor Podiatry, we implement a specific individualised mobilisation program just for your feet.

2. Myofascial release/Therapeutic massage

This is by no means a relaxing massage! The purpose of this is to loosen up the muscle fibres to improve flexibility and circulation in order to promote healing and the repair of damaged tissues.

3. Dry needling/Trigger point therapy

Dry needling or trigger point therapy is aimed at the tight bands that can often be tense and contribute to muscular tightness and pain. By getting into these trigger points, we can initiate a twitch response and deactivate them, causing the muscle to relax and lengthen. This can then reduce pain and improve motion and function. For those of you with needle phobia, don't worry! We also have an electronic acupressure device that not only detects your trigger points, but allows us to stimulate them. And it's completely non-invasive, painless, and even fun to do!

4. Foot Strengthening

Specific exercises can help improve your foot strength so that your feet are able to withstand the heavy loads and stresses you put them through. This can help prevent re-injury, and speed up recovery of injured structures.

So what are the benefits of FRT?

- reduces foot pain
- improves joint range and quality of motion
- improves balance
- improves foot function
- reduces muscle activity
- increases foot strength

Therefore, if you have pain, stiffness, or reduced balance, FRT could help! Common conditions where FRT has been successful at Foot factor Podiatry are heel pain, Achilles tendon problems, tight muscles, aching feet, arthritis, nerve entrapments and bunions. FRT may be used on its own, or in conjunction with other treatments like exercises, strapping and padding, or orthotics. Research has highlighted that FRT works best when performed 2-3 times a week, however positive effects can sometimes be felt after just 1 treatment. Our podiatrists are all FRT-qualified, so keep this option in mind if nothing else seems to be working!

***NOTE: FRT is NOT suitable for everyone and may not be therapeutic or beneficial for you, depending on your condition. Our podiatrists will assess this, and if not suitable, we will recommend the best treatment option for you.**

PRODUCT OF THE QUARTER – ANTI-FUNGAL PRODUCTS

With this warm weather and lots of sweaty feet, we figured some of you might be interested in keeping the itching and fungal infections at bay! Here at Foot Factor Podiatry, we care about your foot health so we've got a range of anti-fungal products to keep your feet fresh and fungus-free!

1. Lamisil spray/cream
 - Perfect for fungal/tinea infections either on the bottoms of your feet or in between the toes.
2. Tea Tree Oil
 - This has to be our favourite go-to treatment for fungal infections in your toenails! See your podiatrist to get application instructions though!
3. Callusan Fresh
 - A light moisturising mousse with a four-way effect: moisturiser, deodorant, anti-perspirant, and anti-fungal!



January special: 20% OFF recommended anti-fungal products.

For more information, speak to one of our podiatrists or administration staff.

Upcoming Events

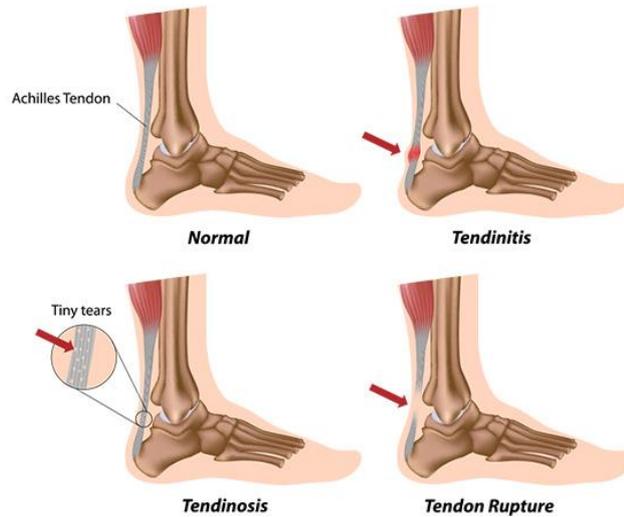
14th January (8am-12pm) – FREE Paediatric Foot Screening

They say early detection is important for better treatment and outcome. We believe it's the same with your feet! So call and book in your kids for a screening session, and if we notice any red flags or abnormalities that may be problematic, we can get on top of it now!*

Refer to the separate event flyer for more information.

***Appointments are limited for this event so make sure to book in to avoid missing out!**

A Real Achilles' Heel



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If you have noticed that the back of heel and your calves get painful, especially first thing in the morning or when getting up from rest, or even after long periods of walking/running, then you might have an Achilles tendon problem/tendinopathy.

What Are Some Other Symptoms?

People with Achilles tendinopathy could experience some of the following symptoms:

- Sharp/pulling pain at the back of the heel
- Pain can reduce after warming up/activity
- Certain shoes (flat ones) can aggravate it
- A bony lump behind the heel (sometimes with redness)

What Causes It?

Achilles tendon problems are usually caused by a combination of different factors. Some common ones include:

- Tight muscles (calves specifically!)
- Change in activity/Increase in activity
- Poor footwear choices
- Poor foot structure/alignment when walking
- Muscular overuse

How to Treat It?

Depending on the stage of the tendon problem, most cases are resolved with conservative treatments. Here at Foot Factor Podiatry, our podiatrists spend time assessing your condition and the possible contributing factors in order to prescribe individualised treatment plans. We will address as many of the contributing factors as possible to improve your outcome and recovery period.

A treatment plan can include a range of treatments depending on the patients' needs, such as exercises to improve strength and range of motion, footwear advice, foot rehabilitation therapy (see article on other side), and if required, in-shoe padding or orthotics to help correct poor foot mechanics that could be contributing to your condition.

Fun fact: Most of the Achilles tendinopathy cases we've seen in the past year have been resolved mainly with exercises and foot rehabilitation therapy!

If you would like pain free, pampered feet, call **3133 8134** now for a consultation 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!

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



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