

**SPRINGWOOD:**

1/1 Laurinda Crescent

COOPERS PLAINS:

2/124 Orange Grove Rd

07 3133 8134

Podiatrists – We're So Much More!

What's the first thing that comes to mind when you hear the word "podiatrist"? Toenails? Orthotics? Yes, we deal with both. But did you know we can do **so much more** than that?

We've had patients that have been coming to see us for years for one thing or another, but are absolutely surprised when they find out we are able to help them with a completely different problem! So we thought, maybe it's time we spread a little awareness on what podiatrists are and what we can do!

First of all, to become a professional podiatrist, we have to be university-trained for 4 years. Yes! Four whole years just to learn about feet and the lower limbs! Over the course of the 4 years, we cover a wide range of different foot and lower limb related topics to be able to provide you with a comprehensive service. Then, after we graduate, through various continued professional development courses, podiatrists can expand their knowledge base and branch out to various and alternative treatment techniques to add to their repertoire.

Here at Foot Factor, you can classify the types of services we provide into two main categories:

1. General

- Assistance with toenail cutting
- Removal of hard skin/callus and corns
- Wax bath therapy
- Treatment of fungal nail and skin infections
- Conservative treatment of ingrown toenails and warts
 - If needed, we can also perform minor surgical procedures for long-term treatment of ingrown nails and warts
- Diabetic foot assessments and advice
 - This covers your foot circulation and sensation

2. Biomechanical

- Treatments to resolve pain
 - This includes the entire foot, ankle and leg, and sometimes even knee, hip and back pain if related to your feet!
- Treatment of sporting injuries including sprains and fractures
- Analysis of foot structure/alignment and walking
- Orthotic prescription and recommendations if required
- Advice on falls management and prevention
- Foot rehabilitation therapy
 - This includes foot mobilisation and manipulation, therapeutic tool-assisted massage for myofascial release, trigger point therapy and dry needling (see Issue 6 of our newsletter for more information)
- Treatment of paediatric foot abnormalities and walking ailments/concerns

So there you go! There's certainly a lot more to podiatry than toenails and smelly feet!

Upcoming Events

April – Falls

Prevention Month

Leaves fall, people shouldn't! If you've had a fall in the past year or difficulties with walking and balance, see your GP for an assessment of your falls risk and to get any necessary help to keep you on your feet! Our podiatrists can help provide advice on your walking, footwear and balance.

June – Our Birthday Month!

In honour of our birthday, we're bringing back the foot cookies! Make sure you try one with your complimentary tea/coffee when you come in for your appointment at Springwood, before our staff eat them all! ;)

Sales/Specials

April – Sandal Sale!

30% OFF all sandals from our available stock in-store! **20% OFF** all sandals we have to order in for size/colour!

PRODUCT OF THE QUARTER – FRANKIE 4 2017 AUTUMN/WINTER RANGE

The latest collection of Frankie 4 shoes are in! And they are looking as stylish as ever! We've got 3 new pairs this season: the Nat sneakers, Alex brogues and Salli boots! If you haven't already seen them at our Springwood clinic, hurry in before they go!

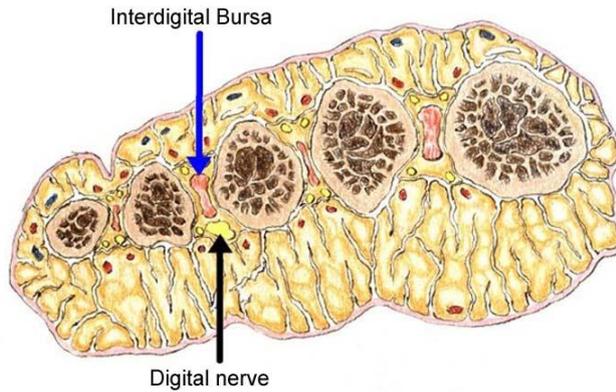
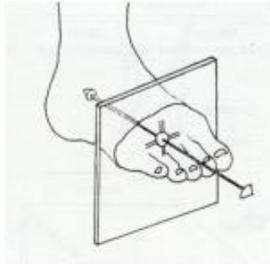
As with any Frankie 4 shoe, they're all packed with heaps of cushioning and support! It's not uncommon for someone to try on their first pair and say they feel like they're walking on air! And because finding the right fit is extremely important, each shoe comes with their patented Custom Fit pack. This includes 2 different pairs of footbeds, and a pair of forefoot cushions so that you can customise your fit according to each foot! And for those who have orthotics, don't worry! All Frankie 4 enclosed footwear are orthotic-friendly! Who says you can't have orthotics and still wear fancy shoes?!



Meanwhile, to make space for our new collection, we will be doing a sale on all our summer sandals!

30% OFF all sandals from our available stock in-store, and **20% OFF** all sandals that we have to order in for size/colour.

It's Getting On My Nerves!!



© The Centre for Morton's Neuroma

Have you noticed sharp, shooting pains with numbness, tingling or burning in the ball of your foot to your toes? Have you felt like there is a lump or something in the ball of your foot? If so, you could have a nerve impingement in the ball of your foot. This can be commonly caused by either an intermetatarsal neuroma or bursa.

Neuroma

A neuroma is an inflamed section of the nerve.

Bursa

A bursa is a fluid-filled sac.

What Causes Them?

Both neuromas and bursas are usually formed in response to high pressures, loads or friction. This can commonly be caused by the way you walk, foot structure or footwear. As the nerves or bursas get inflamed, it causes them to impinge the little nerves that run in between your bones, causing pain and problems.

What Are the Signs and Symptoms?

- Nerve pain: sharp, shooting pains, numbness, tingling, pins & needles, burning, weird sensations
- Aggravated by enclosed or tight shoes as well as high heels
- Aggravated when walking barefoot or when going onto the ball of your foot

How to Treat It?

Depending on the severity of the inflammation, most cases are usually easily 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 try and address as many of the contributing factors as possible to improve your outcome and recovery period.

A treatment plan can include a range of treatment options depending on the patients' needs, such as footwear advice and if required, in-shoe padding or orthotics to help correct poor foot mechanics that could be contributing to your condition.

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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