



## Welcome to 2017

Well it is that time again, another year, back to work (it's like we never left), and back to the grindstone!

I hope your Christmas celebrations went well, I had a great relaxing time in Forster. It was wonderful to be able to sleep in, unplug from social media, and work, and read a trashy novel or two.

This year we have 2 new podiatrists joining our team, we have grown in size that we need a few extra hands. First there is Stefan Di Perna, he has moved to the Shire after working in the city for the last 3 years. What can we say? The lure of the shire enticed him to the area.

Rebecca Cerqui has come down from the Sunshine state, she will be the first Queensland we have had working in the practice. It will be interesting to see what team she will barrack for in the State of Origin. Next month we will have a more comprehensive introduction to both of our new Podiatrists.

The team and I would love to wish everyone a happy, healthy and wealthy 2017.

Take care  
Narelle ☺

## Back To Basics

Many common injuries that people who exercise regularly face can be traced back to one source: wearing the wrong pair of shoes. To find out what to look for in an all-round athletic shoe, try putting your potential new pair to the 1-2-3 test!

1. Look for a stiff heel. Press on both sides of the heel counter. It shouldn't collapse.
2. Check toe flexibility. The shoe should bend with your toes. Its shouldn't be too stiff or bend too much in the toe box area.

3. Select a shoe with a rigid middle. Does your shoe twist? It shouldn't – your shoe should never twist in the middle.

### Keep In Mind

If you participate in a specific athletic activity more than three days a week, it's important to choose the right footwear for your activity. Sneakers made for tennis players will provide different support and traction than cleats made for soccer players

### Weird Facts

- A person living to 75 years of age will have slept almost 23 years of their life – or about 220,000 hours.
- The largest pumpkin ever grown recorded a weight of 482kg.
- A cat keeps purring when inhaling and exhaling.

***“You are never too old to set another goal or to dream a new dream.”***

**C.S. Lewis**





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**"At Sutherland Podiatry Centre we only have one goal, which is to have our clients walk out the door delighted!"**

## Today's Podiatrist Keeps Australia Walking



Everyone likes to stay active. Whether it's taking a quick 20-minute walk around the block or running 5 kilometres, more people are getting outside and keeping healthy. Unfortunately, many suffer from overuse and other injuries when trying to stay active.

But how do you know the difference between foot and ankle pain from an injury, and soreness from a great workout? It's simple – just look at these clues:

The four signs of injury:

1. Keep an eye on the injured foot or ankle. Serious injuries will be visible, so look for signs of swelling, inflammation, or bruising
2. Use the pain scale. Think of a scale between 1 and 10. If your pain jumps to a 9 or 10 with activity, such as putting weight on the affected foot, that's a good indicator you're injured.
3. Categorise your pain. Pain from an injury is unmistakable. If you experience sharp or stabbing pain, burning, tingling, or numbness, you need to make an appointment with us.
4. Persistent pain. If you experience the same amount of pain on day 3 as day 1, you are likely to have an injury and need to see a Podiatrist or your GP right away. The same goes for nagging pain. If the pain is mostly resolved but 2 weeks later you're still not 100%, its time to make an appointment.

You know it's time for a pedicure when you can exfoliate one foot with the other one.



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