



## Looking At Children's Feet

One of the areas that I love about Podiatry is being able to treat young children and babies. I bet you are asking 'What type of foot problems do babies and children have?', well I am glad you asked.

With babies, we often see ingrown toenails, not a nice thing for little ones to have, but if you have ever suffered from an ingrown toenail, you know how painful it can be.

We also look at young baby's foot structure to see if they fall within normal parameters. Remember, your children inherit the foot problems you have, so if

you have bunions or clawed toes, there is a good chance your child will suffer from this as well.

The problems we see with toddlers can be walking issues, like toe walkers or being an intoe walker (pidgeon toed), chronic clumsiness or even delayed walking. Then there are the usual things like flat feet, knocked knees, etc

If your child or grandchild suffers from any of these conditions, give us a call, we can do a quick 10-minute consult over the phone to see if your child need any assistance. Call us on 9542 3491, and we can help you out.

## Another New Face – Rebecca Cerqui

Rebecca Cerqui started with us in the middle of February. Bec grew up in Sunny Queensland (Toowoomba) where she completed her Bachelor of Podiatry at the Queensland University of Technology in Brisbane. Bec enjoys all aspects of Podiatry including aged care and treating common conditions such as heel and calf pain. She also enjoys incorporating dry needling into musculoskeletal treatments.

Bec has recently moved to the Shire, and in her spare time, enjoys running, trips to the beach and being creative in the kitchen.



## Weird Facts

- A skunk can be detected by a human over one kilometre away
- When nobody is around, 47% of people drink straight from the carton.
- The average person spends two years on the phone in his/her lifetime.

**"The secret of getting ahead, is getting started."**

**Mark Twain**





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

## Foot Pain Shouldn't Be Par for the Course



Foot Pain Shouldn't Stop You Golfing

I have a lot of patients that play golf, and I came across this article from Austin Foot and Ankle Specialists the other day, and I couldn't have said it better myself. So thank you Austin Foot, here is the article:

'People everywhere are swinging and putting and yelling, "Fore!". But if those golf shoes of yours are causing pain, we hope you realise that's not par for the course! Pain is your body's way of telling you something is wrong, so it should never just be accepted as a normal part of a typical day on the greens!

Golfers especially are prone to problems with their big toes, the balls of their feet, and their heels. If any of these areas are causing you pain, you might need to skip a few tee times and come see us for a diagnosis and treatment plan. We can determine what's behind your pain and help you get back into the swing of things before you know it!

In the meantime, make sure your golf shoes fit well and aren't too worn out. Also, see if slipping some orthotics inside your shoe helps ease discomfort. These devices can help distribute weight evenly, accommodate things like bunions, and provide added cushion and support to problem areas like heels and arches, so you can grab your clubs and enjoy a pain-free round of golf!

If you are having trouble walking around the course, just give us a call on 9542 3491, or book online at: [www.sutherlandpodiatry.com.au](http://www.sutherlandpodiatry.com.au).

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