



## Are You At Risk Of Injury?

Well autumn is well and truly on its way, the weather has cooled off (a little), and of course Easter is just around the corner. This is also the time of year when soccer, football and netball starts.

So have you bought new shoes, or using last year's pair? Did you have any injuries last year? These are the questions you should be asking yourself, and if you are still wearing last year's shoes and you had an ankle injury, perhaps we can help you. We can help with a pre-season screening

to see you are at risk of new injuries this year, and if you have the appropriate footwear for the job. If this interests you, just call us on 9542 3491, or you can book on line, just go to our website: [www.sutherlandpodiatry.com.au](http://www.sutherlandpodiatry.com.au).

On a sad note, Sarah Britton finished up with us last month, she is having an occupation change. Sarah is moving to the construction industry, and we wish her the best. Take Care, Narelle ☺

## Prepare Your Feet For Autumn Hikes

As the days become cooler, many are lacing up their hiking boots and heading to the bush. However, outdoor enthusiasts aren't always aware of the beating their feet can take with constant and vigorous hiking on uneven terrain. Walking up and down steep hills and on slippery surfaces can put stress on the muscles and tendons in the feet and ankles.

The good news is that with a little preparation, you can avoid problems, such as heel pain, ankle sprains and Achilles tendon injuries, when taking your bush hikes.

### Wear The Right Shoes

Cross-training athletic shoes don't offer the support needed for hiking on uneven,

steep and slippery terrain. Investing in strong, stiff-soled, well-insulated and moisture-proof hiking boots will lessen the stress on muscles and tendons and will reduce the risk of injury.

### Easy Does It

Hiking is like skiing, beginners should take on less difficult trails until they become better conditioned and more confident. Lax physical conditioning is a primary cause of foot and ankle injuries. In addition, stretching exercises and strengthening of foot and leg muscles, balance exercises will help improve your ability to transverse challenging terrain. Don't attempt more than your body is ready for; ease into your hiking routine before planning a long, strenuous trip.

## Weird Facts

- A bolt of lightning is powerful enough to toast 160,000 pieces of bread
- David Bowie has a spider named after him.
- A geep is the resulting offspring of a sheep and a goat.

***"Failure will never overtake me if my determination to succeed is strong enough."***

**Og Mandino**





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

## Treatments For A Stiff Big Toe



Hallux rigidus is a condition characterised by a stiff big toe as a result of arthritis in the big toe joint. It affects mobility of the toe and can cause pain when pushing off while walking or jumping. A bunion or bone spur may develop on the joint as well – talk about putting a damper on your fun!

Luckily, there are some steps you can take to minimize discomfort. Icing the area and taking anti-inflammatory medication can help, as can medicated injections to the joint. Alternating an ice bath and a heated one can also prove to ease pain. Often, a change in footwear can make a big difference, too. Stay away from thin-soled shoes, high heel, and shoes that are narrow and tight. Look for a wider toe box, and try orthotic shoe inserts that can provide extra support.

Keep in mind that these treatments address symptoms, but this condition is progressive and at some point you may need to consider surgery. In the meantime, if you are experiencing stiffness in your big toe, follow this tips to loosen up so you can go for that stroll, play your favourite sport, and enjoy a pain-free, active life. For more information, just ask our helpful staff!



*Happy Easter!*

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