



Are You Going In The Sutherland To Surf?

A few years ago, our team of Podiatrists and Admin competed in the Sutherland to Surf. Needless to say we haven't repeated the run due to one thing – lack of training. So why do I bring this embarrassing occasion to your attention? We have had a lot of patients in recently who have been overtraining (yes there is such a thing), for the event. And as a result we are seeing a lot of knee injuries. Hence the other article in this newsletter that

talks about the main type of knee injuries we see.

If you are contemplating taking part in this great event, there is still time to go from couch to running/walking this event. Just email us at info@sutherlandpodiatry.com.au, and we have a running plan all laid out that you can start now and have some fun along the way.

Take care til next time

Narelle

Overuse Knee Injuries (Part 1)

“Overuse knee injuries” is a general term for a group of injuries caused by chronic repetitive strain on the knees, usually related to activities like climbing stairs, running, biking, or jumping. Overuse injuries develop over a long period of time and their development is usually ignored until the pain from the microtrauma begins to settle in, prompting individuals to seek help. Overuse injuries to the knee can include iliotibial band syndrome, runner's knee, patellar bursitis and patellar tendinitis.

- 1. Iliotibial Band Syndrome (ITB)** – ITB is the most common source of lateral knee pain in runners.

ITB occurs when the iliotibial band, a band of fibrous tissue that runs from the hips to knees, becomes tight and causes friction along the bony prominence of the knee. An athlete might begin to run without pain then start developing symptoms after a certain distance. As time goes on, ITB pain can occur even when walking or going up and down stairs. Recreational runners usually recover after icing the area, taking anti-inflammatory medication and being taught about proper stretching. Individuals with higher mileage or more severe symptoms can be treated with

Weird Facts

- The cruise liner, QE2, moves only 6 inches for every gallon of diesel that it burns.
- It takes more calories to eat celery than it has to begin with.
- Frozen lobsters can come back to life when thawed.

**“What you do today
can improve all your
tomorrows.”**

Ralph Marston





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

Overuse Knee Injuries (Part 2)



(Continued from page 1) physiotherapy and cortisone injections.

2. Runners Knee or Patellofemoral Stress Syndrome (PSS) – Runners knee describes pain felt just below the kneecap which is usually caused by wrong mechanics while running, or tight and weak muscles which putt the knee out of alignment. At first, it may only occur during a run, but if left untreated it can worsen to the point where even just walking causes pain. Most cases of Runner's knee can be corrected by learning proper running form or using orthotics.

3. Patellar Bursitis – Bursitis is the name for the inflammation of the bursa, a sac which contains fluid used to cushion a joint. The inflammation causes the bursa to swell, causing acute discomfort. Patellar bursitis is also called 'housemaid's knee' and frequently occurs in occupations where people kneel forward and put pressure on the knee, such as housecleaning, where they go down on their knees to scrub floors.

4. Patellar Tendinitis – Tendinitis is the name for inflammation of the tendons. Patellar tendinitis, or tendinitis of the knee causes pain in the front of the knee after continuous jumping or running.

General treatment for overuse knee injuries includes the standard formula of rest, ice, compression, and elevation, although a podiatrist can usually prescribe a more targeted approach to the problem. Physiotherapy often helps individuals become comfortable and confident with movement again.

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