



Getting Ready For Spring

The weather is starting to get warmer as spring finally arrives here in Sydney. With the warmer weather, most people start an exercise program, as the daylight starts to get longer and a lot of people start walking after work.

It is at this time of year, we start to see quite a few foot and ankle injuries in the clinic. So this month's newsletter is about how to recognize if you have an injury.

We see a lot of sprained ankles, bruised toenails, painful big toe joints, and blisters. But I bet you didn't know we could help you out here.

Being a chronically clumsy person myself, I have used my team to treat me around this time of year, or after a holiday (as I am notorious for falling over when on holidays).

The warmer weather also reminds me about Hawaii, and since we haven't done Hawaii month for a few years, we decided to make September Hawaii month. And to make it a bit of fun, we have decided to offer a \$20 gift card to anyone who comes in for an appointment during September who wears a Hawaiian shirt (and let's us put their photo on our Facebook page!). On the week starting 18th September, we all will be dressed to impress, see you then!

Back To Basics

Many common injuries that people who exercise regularly face can be traced back to one source: the wrong pair of shoes. To what to look for in an all-around 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. It

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 activity for more than three days a week, it's important to choose the right footwear for your activity. Shoes made for tennis players will provide different support and traction than cleats made for football players.

Weird Facts

- Cats average 16 hours of sleep a day, more than any other mammal
- Female elephants produce only one offspring every five years
- A newborn hedgehog starts to get its spines within 24 hours of birth

"You will never win if you never begin."

Helen Rowland





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

4 Signs of Injury



These days we have a variety of exercise options to stay healthy, whether it is walking, running or pilates. These activities can be strenuous on our feet and cause overuse injuries. Overuse injuries are common and can prevent you from staying active. That is why it is so important to see a podiatrist as soon as you get injured.

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

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 one and ten, if your pain jumps to a nine or ten 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 to see us.
4. Persistent pain. If you experience the same amount of pain on day three as day one, you likely have an injury and need to see us right away. The same goes for nagging pain. If your pain is not resolved by two weeks or still no 100% come in.

Sick of the cold Sydney winter?

Wish You Were In Hawaii But Can't Be?

Come in for an appointment during the month of September wearing a Hawaiian shirt and receive a free gift card (valued at \$20) to help us celebrate Hawaiian month at Sutherland Podiatry Centre

