



Interesting Conversations.....

I was having a chat to one of our wonderful GP's that we work with the other day, and during the conversation we discussed heel pain, and what Podiatrists can do to help. Now I don't know if you have ever suffered for heel pain, but it can be quite debilitating, especially that first step in the morning when you get out of bed.

We see a lot of heel pain sufferers at our clinic, so this month's newsletter is all about heel pain. It is a quick, short

rundown on this condition, and it will give you enough information to help you decide if you need our help.

Another interesting conversation I had over the past few weeks was with a young podiatrist who is interested in buying a practice, which is a fabulous thing. But, this person had not educated themselves on how to run a business. If this person purchased a business, they would struggle from day 1. This is the same for choosing a podiatrist, educate yourself on what they can do for you.

A Quick Look At Heel Pain

What is Heel Pain?

Heel pain is one of the most common problems that a Podiatrist treats. It's very common in adults and is often the result of daily activities and exercise. The heel is designed to support the weight of your body. When you are walking and running the heel absorbs the impact when your feet hit the ground.

During walking the stress placed on the feet can be one-and-a-quarter times your body weight. This increases when you are running.

What causes it?

There are many causes of Heel Pain, such as:

- Achilles Tendonitis
- Heel Spurs
- Inflammatory conditions such as Bursitis, Arthritis and Spondylitis.
- Plantar Fasciitis
- Severs Disease
- Stress fractures

What will happen if I leave it untreated?

Unfortunately, heel pain can get worse if left untreated. Your gait can change due to you being aware of the pain and trying to avoid placing weight onto the heel. In turn, an altered gait can cause problems with the rest of the feet, the knees, the hips and even the back.

Weird Facts

- When nobody else is around, 47% of people drink straight from the carton.
- A bolt of lightning is powerful enough to toast 160,000 pieces of bread.
- A geep is the resulting offspring of a sheep and a goat.

"A creative man is motivated by the desire to achieve, not by the desire to beat others."

Ayn Rand





Sutherland Podiatry Centre
Shop 2/17-19 East Pde
SUTHERLAND NSW 2232
Phone: (02) 9542-3491
Fax: (02) 9545-5393

E-Mail:
info@sutherlandpodiatry.com.au
Web Site:
www.sutherlandpodiatry.com.au

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

How We Can Help Your Heel Pain



Before embarking on treatment for heel pain it is important to discover the cause.

Initially, resting can help to relieve the symptoms. Avoiding standing for long periods or walking long distances can be beneficial. If the area is inflamed, wrap an ice pack in a towel and apply to the area for 20 minutes several times a day.

A change to your footwear may be recommended. A shoe that offers support and cushioning would be beneficial for patients with heel pain.

If the pain is severe, Non-steroidal anti-inflammatory drugs such as Ibuprofen can be taken.

Your Podiatrist may prescribe strengthening and stretching exercises.

If the heel pain is caused by a biomechanical abnormality, orthotics can be made by your Podiatrist to correct the underlying problem.

If you have had heel pain for longer than 6 months, our new Shockwave protocol is for you. We have used this modality for heel pain over the past 2 years, and the results have been amazing. We have reduced or eliminated heel pain in these long-term sufferers within 4-6 treatments, and given them back their lives, where getting out of bed does not cause pain, where walking a shopping centre is easy, and they can get back to their fashion shoes. If this interests you, call us now on 9542 3491.

SUTHERLAND PODIATRY CENTRE
HELPING YOU WALK ON AIR

Are You Getting Ready for the Cool Weather?
Buy 2 Pairs of Bamboo Socks

Get 1 Pair Free!

But hurry we have limited stock
Offer Ends 31st March