



## Another Interesting Conversation

I hope you all had a great Easter, having that 4 days off is a help after a very hectic and hot summer. Now we are looking at a very cold winter, if the weather man is right, so I am not looking forward to that.

After last's months newsletter, I had another interesting conversation with a client of mine about how often you need to see a Podiatrist. Now this patient had missed one of their regular appointments, so when they came back in again, their feet were a mess, and in quite a bit of pain.

So what is the answer here? If you have toenail/corns and calluses, the ideal time is 8 weeks, it is like a regular maintenance check for your feet. A lot of people get their teeth checked, why not their feet? Those people with diabetes should be seen every 6 weeks, so we can reduce the foot complications from this disease. We find people who do the 10 weeks between appointments do struggle with pain in the last 2 weeks.

For other more acute problems like heel pain, achilles problems, etc, you should see your Podiatrist sooner than later, as the longer you put it off, the longer it takes to fix.

Til next time, Narelle ☺

## Stress Fractures (Part 1)

'Stress fracture' is often a scary term to the athletes and endurance runners familiar with this condition. Also known as a hairline fracture, a stress fracture is a crack that occurs in the bone without penetrating it all the way.

Stress fractures can occur in either the tibia or the fibula bones, as well as the metatarsal, which are the bones of the foot that connect to the toes.

### What causes stress fractures?

Stress fractures in the lower leg are considered an overuse injury and are

usually cause by a simple reason: doing too much too soon. It is especially common in high-impact athletic activities like running, soccer or netball.

If you suddenly increase your running distances or duration your muscles can become over fatigued and stop absorbing the impact when your foot strikes the ground. Instead, the worn out muscles transfer the stress onto the bones of the lower leg, resulting in hairline cracks.

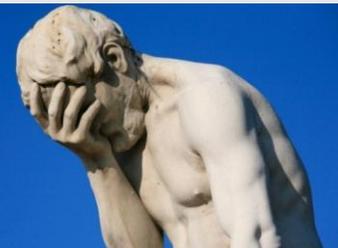
Weak or overly tight muscles, as well as training on hard surfaces and wearing the

## Weird Facts

- Scarlett O'Hara's real first name was Katie
- A person who is scotophobic has an intense fear of being seen.
- It takes about 150,000 litres of water to grow and prepare a typical dinner for eight people

***"We should not give up and we should not allow the problem to defeat us."***

**A.P.J Abdul Kalam**





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

## Stress Fractures (Part 2)



(continued from page 1) wrong shoes, can also contribute to stress fractures.

Women athletes tend to be at greater risk than men for stress fractured. This may be because of inadequate nutrition and hormonal changes in female athletes, which cause early osteoporosis, or thinning of the bones.

### How Are Stress Fractures Treated?

When it comes to stress fractures, prevention is the key: increase mileage gradually, adding not more than 10% of your distance per week, in order to give your bones and muscles time to strengthen and adjust to your sport.

Nutrition is also a key feature in avoiding stress fractures. If you don't get enough calcium in your diet, your body can leech the mineral from your bones, thus weakening them and making you more prone to fractures.

Treatment focuses on allowing the bone to heal itself. Depending on the severity of the stress fracture, you may need to discontinue the activity which caused it and resort to lower-impact activities such as swimming for at least 6-8 weeks.

We can help you with exercise prescription, having the correct shoes, if you need to go into a camboot to keep the weight off your foot, or if you need more urgent care. Call us on 9542 3491.

**ARE YOUR FEET**

**READY FOR WINTER SPORTS?**

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