



Back To The Grind

Well I am back from Fiji, and I can tell you I miss it!! The warm tropical breezes, the warm ocean, lovely cocktails to drink, ahhh. But now I am back to reality, and the cold has certainly hit me in the face! I got into my car yesterday to find it covered in ice. You don't see that in Fiji!

The sports we play during this time of year, netball, soccer, rugby league and union, have 1 thing we see in common. That is ingrown toenails in children. We see a lot of this over the winter months, mainly due to ill-fitting soccer boots and netball shoes. Then

we have the complication of Mum or Dad trying to fix it and making it worse! If your child is suffering from this, just bring them into the clinic, it is a simple procedure for us to do, and in 90% of cases, it is cured on the first treatment.

Another article in this month's newsletter is on Yoga, yes Yoga, now I am not getting all hippy, but Yoga is a great way to stretch tight muscles, especially foot muscles. Next month I will discuss the use of a tennis ball on your feet. I bet you can't wait for that one!!

So til next month, 😊 Narelle

Ingrown Toenails Can Cause Big Problems for Kids

Ingrown toenails are a common and mostly annoying foot problem that often occurs in children and teenagers. However, they can become a big problem when parents attempt at-home treatment or 'bathroom surgery', which can worsen the condition and lead to potentially serious complications such as severe pain, infection of the skin or underlying bone and possible deformity of the toe.

Ingrown toenails occur when the corners or sides of the nail curve and grown into the soft tissue of the toe.

The most common symptoms are swelling and redness in the toes, especially the big toe. Some children may complain that their feet hurt when wearing shoes. If your child has an ingrown toenail, soak the foot in warm salty water and check their shoes for proper fit. If these measures don't help, make an appointment to see us. Don't try and cut away the ingrown part of the nail.

If ingrown toenails are a frequent problem for your child, a surgical procedure may be required to permanently remove a portion of the nail

Weird Facts

- The average person spends two years on the phone in his/her life
- A bolt of lightning is powerful enough to toast 160,000 pieces of bread
- 6% of men propose over the telephone

"As soon as you trust yourself, you will know how to live."

Goethe





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PODIATRY CENTRE**
HELPING YOU WALK ON AIR

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

Yoga Can Help With Foot Pain



Thanks to Yoga Basics for the picture

Podiatrists have long been fans of yoga. The idea of gentle stretching, balance and core exercise can help you with long standing foot pain. The standing poses of yoga can help build a solid and stable foundation in the feet, while the yoga stretches can relieve tightened muscles, ligaments and tendons.

So what type of yoga poses help foot pain? Here are just a few:

1. Downward-Facing Dog is the ultimate back of the body stretch. This includes the hamstrings, gastrocnemius (calf muscle) and Achilles tendon in the legs. To make Downward-Facing Dog even sweeter for the feet, add in alternating gentle heel raises by bending one knee as you push the opposite heel to the ground. If your heels don't touch the ground, place a rolled-up blanket or yoga mat under the heels for support.

2. Runner's Stretch – Come into a low lunge with your right foot forward. Keeping your back toes tucked under, drop your left knee to the mat and shift the hips back towards the heel. Flex your right foot and hinge the upper body over the front knee. Hands on blocks will provide extra support here and allow for a deeper hip hinge.

3. Hero's Pose- From a kneeling position, press the tops of your feet into the mat as you bring yourself down between your legs. Knees should be pointing forward for proper alignment. If your hips can't comfortably reach the floor without straining the knees, place a bolster or blanket between your legs to raise the height of your seat. If this stretch is too intense for the feet, a rolled blanket under the ankles can provide some relief.



**DO YOU SUFFER WITH
AGONIZING HEEL PAIN?**



**Does Every Step
Feel Like You Are
Walking On Glass?**

**WE CAN SOLVE
YOUR PROBLEM!**

**We Have A New Revolutionary
Treatment For Heel Pain.**

ASK US NOW!

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