



## October is Foot Health Month

I would really love to thank everyone who took part in our 'Help Our Farmers' campaign we ran during 24<sup>th</sup>-28<sup>th</sup> Sept. This newsletter was written during this week, and I know that we have had a lot of patients take part. I will put in the next newsletter how much we raised for our drought-stricken farmers.

It is funny, because as I am writing this, it is raining, but only enough to make my very dirty windscreen on my car dirtier, not enough to wash it!

October is foot month, with the week 15-21<sup>st</sup> October, officially Foot Health

Week. So keep you eye on our social media links (Facebook and Instagram) for some fun and hints about your feet.

During October we also have some fun with Halloween. We do this during the last week of October, so if you want to see some great decorations, eat your fill on Halloween lollies, and be scared by freaky Podiatrists, come in that week. It is always fun to dress up, and float around on a sugar high!!

On a sad note, Tina Dang, one of our Podiatrists, is leaving at the end of the month, we wish her well as she pursues her own private practice.

## Coping With Heel Pain (Part 2)

The following are some common practices that a person can adopt on his own, in order to get rid of heel pain.

1. Rest your feet as much as possible, because walking, standing or running can place further pressure on the heel.
2. Adopt simple heel and foot exercises that can ask from your podiatrist.
3. Perform simple, soothing massage, so the heel can get relaxed and pain will be minimized.
4. Some over the counter medications also helpful in heel pain.
5. Shoes you are wearing should be supportive and cushioning.
6. Some orthotics or shoe inserts are also available that can soothe the pain.

The above mentioned are some simple remedies that anyone can adopt on their

### Weird Facts

- Koalas and humans are the only animals with unique fingerprints
- In a year, the average person walks four miles making their bed
- Jet lag was once called boat lag, back before jets existed.

***"Gratitude is the most exquisite form of courtesy."***

***Jacques Maritain***





**SUTHERLAND  
PODIATRY CENTRE**  
HELPING YOU WALK ON AIR

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](mailto:info@sutherlandpodiatry.com.au)

**Web Site:**

[www.sutherlandpodiatry.com.au](http://www.sutherlandpodiatry.com.au)

**Book Online:**

[www.sutherlandpodiatry.com.au/  
book-now/](http://www.sutherlandpodiatry.com.au/book-now/)

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

## Coping With Heel Pain (Part 1)



The heel is one of the most important parts of the body, as it usually carries the entire body weight. Sometimes, pain occurs on or behind the heel and is called heel pain.

There are about 26 bones in one foot and the heel bone is the largest among them. This is to support your body weight.

Most of the time heel pain vanishes on its own, but sometimes if care is not taken it can become severe and even lead to disability.

**Common causes of Heel Pain**

Mechanical strain is the main cause of this pain, which can occur due to body immobility or imbalances.

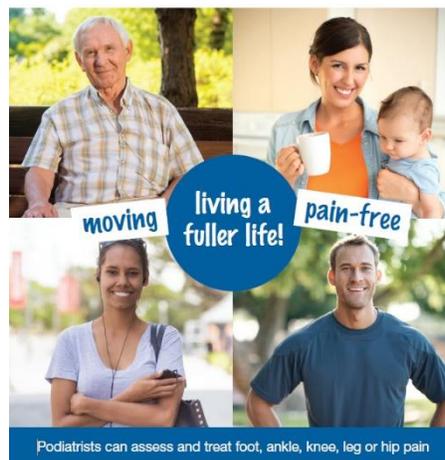
However, sometimes other illnesses like infections, trauma, arthritis, genetic and autoimmune disorders can become the cause of such heel pain.

Mostly the pain starts from the front of the heel and is not associated with any fracture or other such causes.

**Coping with Heel Pain**

Pain is pain, no matter how severe or mild. However, proper care and precautions can go a long way in managing the problem, while neglecting it could make it a chronic ailment.

Pods get you...



FOOT HEALTH WEEK 15 – 21 OCTOBER 2018  
Find a podiatrist at [podiatry.org.au](http://podiatry.org.au)

