



A Little Bit Of Time For R&R

This month's newsletter is running a little late due to me going on a small holiday up the coast on the ship above, the Pacific Explorer. I think we forget how good a short break like 5 days is in regenerating. You don't have to have months off to regenerate, sometimes 3, 5 or even 7 days can do it.

So what did I see on my little journey? Moreton Island is a beautiful part of Australia, so if you have the opportunity go and visit. You felt like you could have been in Fiji, or Hawaii it is that pretty.

And yes, I still had my podiatrist goggles on, and saw how many people were not suncreening their feet, so later in the day the redness on the top of their feet could be seen from the moon!

This month's newsletter addresses the issue of what type of shoes should be worn for different sports. With everyone getting back to their team sports over the next few weeks, this article may interest you. I have also included an article on why you would see a Podiatrist. This is a question I get when on holidays, see, there is no where I can escape it!! Till next time 😊 Narelle

Weird Facts

- Blype is the name given to skin that peels off sunburn
- The largest pumpkin ever grown recorded a weight of 484kg
- A lungfish can live out of water in suspended animation for three years.

'Hope is the thing with feathers that perches in the soul, and sings the tune without the words, and never stops at all.'

Emily Dickenson



When Should You See A Podiatrist?

This is one of those questions I get all the time when at social functions. When should you see a Podiatrist?

You should call a Podiatrist anytime you experience pain, discomfort, or notice changes.

-  You have persistent pain in your feet and ankles
-  You have noticeable changes to your nails or skin
-  Your feet are severely cracking, scaling, or peeling

-  There are blisters on your feet
-  Your toenail is getting thicker and causing you discomfort
-  You have heel pain accompanied by a fever, redness or numbness or tingling in your heel, or persistent pain
-  You have diabetes

As Podiatrists, we can treat AND prevent foot and lower limb problems. We do more than just cut toenails and calluses. If any of these things concern you, just give us a call.



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

Does The Shoe Fit The Sport?



It's important to choose the right footwear for your activity. Sneakers made for tennis players will provide different support and traction than cleats made for football players.

What Do I Look For?

- ✦ **Basketball, Tennis, Volleyball:** A thick, stiff sole that gives support while running and landing jumps. Basketball players should look for high ankle construction that supports the ankle during quick changes in direction. Volleyball players should look for a lighter shoe, with less midsole support for quick starts and stops.
- ✦ **Soccer:** Soccer shoes should have a good-quality footbed, which can help provide proper arch support. Make sure they feature the stud type for the ground that will be played on most often: soft, hard, firm or turf. Also, use moulded cleats rather than the screw-on variety.
- ✦ **Running:** A good running shoe should provide maximum shock absorption to help avoid injury. It is also important to match your shoe to your foot's arch type (high, medium, low). Replace your running shoes after 300-500 miles.
- ✦ **Baseball and Softball:** Shoes should offer plenty of arch support. If you experience arch pain, try using customized shoe inserts called orthotics. Baseball and softball shoes should have no more than half an inch of space between the big toe and the end of the shoe. Metal baseball spikes should not be used by athletes younger than 13.



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