



## OMG It Has Been 25 Years!!

On the 1<sup>st</sup> June, it will be our 25<sup>th</sup> Anniversary for Sutherland Podiatry Centre. Can you believe it, 25 years! You can see the picture above is from the old premises when we were originally Narelle Montgomery Podiatry.

So what has happened to us over the past 25 years? We started out as a 1 man band, me, in a tiny room above the children's clothing shop. I used to answer phones, do receipting, all the bookwork, without a computer, yes there was a time when we worked without computers.

We then moved to 43 East Parade, where we had 2 clinic rooms and a reception area, to now at 17-19 East Parade, where we have 4 clinic rooms, and orthotic room and large reception area.

I have had 2 children during this time, one who arrived when I was supposed to be working, that certainly put a spanner in the works, and the second one turned up when he was due.

I have employed over 20 podiatrists during this time, and I must say, my current team are the best I have had. At least half of these podiatrists were new graduates and we have been instrumental in training these podiatrists

with the latest technology and techniques to improve their not only their skills but also great clinical outcomes for their patients! They have made a difference in people's lives.

Watching the Shire over these 25 years, I have seen this area flourish and become a major hub in Sydney. Every time a small house on a big plot of land has been sold, a block of flats goes up. The old brickpit in Kirrawee has exploded with unit blocks and shops, not to mention all the new units going up in Miranda. Unfortunately, I have also seen the traffic exponentially increase as well! But the Shire is a very unique place, surrounded by both beautiful bushland, and magnificent beaches. No wonder everyone wants to live here!

I have seen the Sharkies finally win a ARL premiership, a very proud day for us all, and we celebrated for 2 weeks in the clinic for that momentous occasion.

Overall, it has been a fantastic journey, and we are still here to talk about it!! During the month of June, we will be celebrating, so please pop in and see what we have done to the place, but most of all I would like to say a humble THANK YOU, for being a part of a wonderful experience.

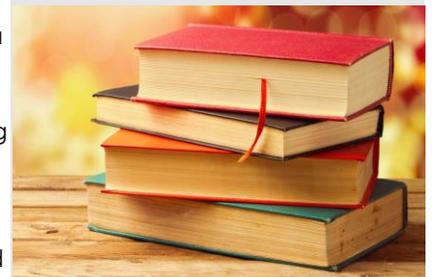
Take care  
Narelle ☺

## Weird Facts

- Your brain is more active sleeping than it is watching TV.
- The Mona Lisa has no eyebrows
- Just 20 seconds worth of fuel remained when Apollo 11's lunar module landed on the moon

**"I think books are like people, in the sense that they'll turn up in your life when you most need them."**

**Emma Thompson**





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

## New Treatment Available to STOP Heel Pain



Does this describe you?

- Have you been struggling to get out of bed in the morning with chronic heel pain?
- Are you frustrated that your heel pain is stopping you doing the things that you love?
- Are you having difficulty to walk after you have rested for a short period?
- Are you starting to worry that this isn't ever going to get better and might mean you need a painful cortisone injection?

Here at Sutherland Podiatry Centre, our highly experienced team are dedicated to serving the Sutherland Shire and helping heel pain sufferers just like you, get back to doing the things that you love, without pain.

So what is this new treatment that helps long term heel pain?  
*Shockwave Therapy is the answer*

What is Shockwave therapy?

Shockwave therapy uses acoustic waves that help your body in the following ways:

- Reverse chronic inflammation that is very common in long term heel pain
- Stimulate collagen production, a vital substance in natural tissue repair
- Pain reduction: it inhibits the transmission of pain signals
- Revascularisation: improves blood flow to an area promoting tissue healing and regeneration

As part of our 25<sup>th</sup> Anniversary in June, we are offering a FREE Shockwave Suitability Screen – to make sure shockwave is the best treatment for you. Call us now on 9542 3491, this offer expires on 14<sup>th</sup> June, 2019.

