



Windy August is Upon Us

The polar cold front that we have just experienced was a reminder that winter has not finished yet. I don't know about you, but I really felt it, and my skin has not been too happy about it.

The cold winds dries out your skin very fast, and if you don't do anything to replenish the natural oils in your skin, it is going to chap and chafe, and if you are old like me, when I jump into a hot shower it also stings!

The trouble is, when we start to age, our skin is not as resilient, and it is more

likely to split, and if it does that, there is a greater chance of it getting infected. We had a patient at the clinic a week ago who had a split in their skin on their legs, and it got infected, and bingo, she had cellulitis, and a trip to hospital. Not a great outcome.

So what can you do? Firstly, reduce the temperature of your shower (that will kill me), use a bath and shower oil like Dermaveen or QV instead of soap, and lastly, use heaps of moisturizer like sorbolene when you get out the shower.

Till next time, Narelle 😊

Shockwave Therapy? What is it and is it for me??

Are you struggling with any chronic pain in your lower limbs? Have you got heel pain that just won't settle even with supportive shoes and orthotics? Do you have painful Achilles tendons or calves that feel awfully tight? Do you wake up in the morning and struggle to put your feet on the ground pain free?

If you answered yes to any of these questions then keep reading, Shockwave may be right for you! *What is Shockwave*, you are probably wondering. Shockwave sounds scary however it is a relatively modern treatment modality used in Podiatric

and physiotherapy clinics for musculoskeletal conditions, formally known as Extracorporeal Shockwave Therapy. The shockwave is an acoustic wave that carries high energy through the skin to the musculoskeletal tissue. This acoustive wave, works a variety of ways to see impressive pain relief and healing. The shockwave increases the metabolism, provides pain relief through a number of mechanisms, works to increase blood flow which in turn promotes healing. Not only does shockwave have great long term effects, many people can benefit with immediate pain relief following

Weird Facts

- Tequila is made from the juice of the agave.
- On average, women say 7000 words per day. Men manage just over 2000.
- On average a human will spend up to 2 weeks kissing in his/her lifetime.

"The problems is not how to wipe out all differences, but how to unite with all differences intact."

Rabindranath Tagore





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

Shockwave Therapy? What is it and is it for me?? (Part 2)



treatment. More specifically, shockwave increases metabolism, normalises muscle tone, breaks down calcifications and adhesions, reduces pain and re-vascularises tissue.

What conditions does Shockwave work well for?

- Heel pain and heel spurs
- Plantar fasciitis
- Ankle sprains and partial ligament ruptures
- Partial tendon ruptures
- Nerve entrapments

What is involved in this therapy? We advise patients who are suitable candidates for shockwave on a tailored treatment regime, however in most cases, recurring sessions every five to ten days, for 4-8 sessions, depending on their pain is advised. The actual treatment is quite quick ranging from five to fifteen minutes. Depending on the severity of the injured structure, can be uncomfortable for a very short period of time. Some post treatment tenderness can be expected, with occasional bruising to the area.

Is shockwave for me? If you are thinking you would like to give this treatment a go, come in and see a Podiatrist at Sutherland Podiatry Centre for a consultation. Here they will go through your symptoms, and after your history and a physical examination, your eligibility and a plan will be decided. Please note, there are a number of contraindications to this therapy so if you are taking oral anti-inflammatories, are on blood thinners or immunosuppressant's, pregnant or have active tumours / cancers, shockwave is not applicable.

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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