

THE POSTURE PODIATRY PULSE

SUMMER 2014-15



DANIEL PUTS DOWN THE TOOLS (..AT LEAST FOR A WHILE)

There have been many changes here at Posture Podiatry, and many exciting things to come

With a dream in mind to provide the best quality podiatry service and care in Adelaide, Daniel started Posture Podiatry six years ago. As the clinic has expanded, the demands for successfully running the business have changed. This growth has seen the need for Daniel to shift his focus onto managing the business.

"By midway through 2014 I had reduced my patient contact to 2 days per week to allow time to run the business, but even now I am stretched trying to service my patients to the level I expect of myself. I owe it to myself, my family, our amazing staff and wonderful patients to re-focus my energies on making this the best practice in Adelaide.

"The important thing is that I'm not going anywhere. I am, in fact, more available to everyone, whenever there is a need. I can respond quickly to any concerns and I can be available to speak with my patients at

any time. I am grateful to work with a supportive team who share my philosophy of care and approach to treatment."

"Making this decision was very difficult, because I love being a Podiatrist and I have made some lifelong friendships with wonderful patients along the way."

Daniel will continue with teaching, training and working with athletic clubs and schools. He is running workshops and seminars regularly, building relationships with other health professionals, and proactively working to grow the business. On top of administrative tasks, Daniel is also focussing on mentoring and supporting his staff, as well as researching and implementing new technology for the clinic. Daniel meets with the whole team daily and with regular practitioner training and case study reviews the level of communication between the team is higher than ever.

THE LATEST ON OUR BLOG

WHAT does your shoe say about you? The wear pattern on the base of your shoes might be trying to tell you something.



4 Steps to Running Better. Running styles vary

according to distance, terrain and body type.

This article talks about some helpful tips on how to maximise your ability to run strong and efficiently.



"On a personal note, I want to thank everyone for being incredibly supportive of my change in role. I look forward to honouring my commitment of building a successful clinic that will be here for a long time, and to consistently provide the highest level of service for our wonderful patients."

- Daniel

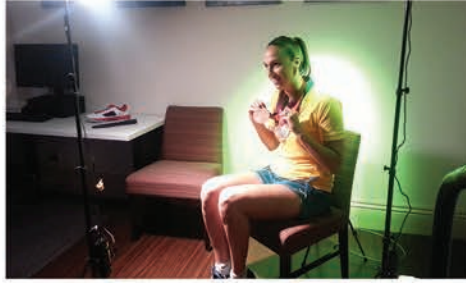
APMA WORKSHOP

Daniel presented a weekend workshop to members of the Australian Pilates Method Association. "We had a great time sharing our passion for improving Posture from the ground up."



DID YOU SEE US ON TV?

We were featured on the children's program 'Totally Wild' as Olympic Basketballer Laura Hodges revealed how her podiatry treatment has helped her achieve her dreams.



EFM WAKEFIELD ST

Over 3 visits Daniel, Scott and Bailey gave free podiatry screenings for the members at EFM Gym Wakefield Street. Thanks to Jesse Ey who invited us, and the great work he does in finding ways to help his members.



WHAT'S UP?



We welcome Stacey to the reception team, who has a wealth of experience in customer care and is having a great time getting to know everyone.



"It's a girl!"
Congratulations Sandy and David, a beautiful baby girl, Abigail Hope. We are all smitten.

REMEMBER THE "4 S'S" WHEN IT COMES TO CHOOSING THE RIGHT SHOE FOR YOU

- S**IZE Ensure there is a thumb-width space at the end of your shoe so your toes don't get cramped. Try them on at the end of the day when your feet are more swollen.
- S**UPPORT Check your shoes to make sure they are rigid in the middle, at the toes, and have a firm heel counter for support.
- S**ECURE Loosely fitting shoes cause aching and tiredness. Choose shoes that are secure on your feet with laces or a buckle so you will be able to enjoy your day for longer.
- S**OFT With the force of 4 times your body weight going through your feet with walking, it is good to have some cushioning in your shoes.

New season Revere Sandals are here!



revere
COMFORT SHOES

Finally you can find fashionable, comfortable shoes for summer with removable foot beds to fit your orthotics.



We have updated our 3D scanning technology, with new scanners in each treatment room. We have found this is the best way to be able to provide comfortable, functional orthotics that are adjustable as your feet change.

Download the Posture Podiatry App



STAY UP TO DATE!



Call us at 8362 5900
Find us at 58 North Terrace, Kent Town. We are just outside Adelaide city, half-way along the continuation of North Terrace over Hackney Road.