

THE POSTURE PODIATRY PULSE

WINTER/SPRING 2017



WHAT PEOPLE ARE SAYING ABOUT US

"Friendly, professional, astute, very thorough, giving close attention to all the different issues. Thank you"

"Very comfortable and friendly environment!"

"Such a relaxing and welcoming and 'no bull' kind of place!"

These stories and more on our online blog: blog.posturepodiatry.com

BEST FOOT FORWARD!

2017 has been an interesting year so far in the life of our clinic. We've had a number of ups and downs which I'll share with you now, but I'd just like to say how proud I am of our wonderful clients, our amazing team, and the direction we're heading to become true leaders in providing great outcomes and great experiences.

It's never easy saying goodbye to team members, but we farewelled both Ed Murray and Bailey Keatley at the beginning of the year. Although it's sad to see them go, we're pleased they've each followed their hearts to continue to make a difference for others, and we'll always consider them part of our team.

We understand it can be hard for clients to transition to new practitioners but the process has been made really valuable and actually enjoyable with the incoming Cliff Hurburgh, who has moved with his family back home to Adelaide from Tasmania to work with us, and also Sophie Proud, who has taken on extra shifts to support Scott Leslie and cope with the demand.

There's a renewed energy and passion around the place as we've been focussing on building connections with you, our wonderful clients, and other health professionals around Adelaide.

We've also invested in new technology and new treatments to make sure that we are consistently providing the best and most effective solutions to your problems, and launch us into the future.

I know that as we look back on this time we'll remember fondly the challenges and also the opportunities that we've had to make a positive difference in the lives of our clients, and to walk with a purpose to be leaders in revolutionary and memorable care.



- DANIEL GIBBS



WHAT'S UP?



Follow us on Instagram! You'll find useful tips and advice, and you can direct message us with any questions you have!



Stephanie from Total Capture was charged with the responsibility of making us look good for our recent clinic photos. Not a huge task for such a good looking bunch!

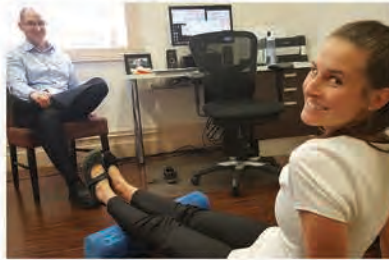


Our Orthotic Special has gone off with a bang! We've held the offer open for those whose health funds tick over at the end of the financial year, so there's still time to get yours!

BEST CLIENT EXPERIENCE

Our mission is simple: to provide the best experience for our clients. We are constantly looking out for how to make your visit more comfortable, more beneficial and more rewarding.

PODIATRY PROFESSIONAL DEVELOPMENT



We regularly meet for in-house professional development, and also learn from other leading health professionals. It's a win for everyone... we love learning, connecting, and applying new ways to create great outcomes for our clients!

FEET KILLING YOU?

Foot pain stops you in your tracks. Walking, running, shopping, socialising... all cease with sore feet.

It's the last thing any active and happy human wants to experience! But if you do find yourself with a foot injury, what's the solution?

At Posture Podiatry, we've developed a system that helps feet help themselves.

In fact, over the last 10 years our unique method of care has seen thousands of South Australians with foot pain - including Olympic Athletes and the Australian Dance Theatre.

Rather than 'band-aid' fixes and painful procedures, we focus on building strong, stable feet to last a lifetime.

Relax, strengthen and support.

First, we address degeneration and weakness using a safe, effective technique called foot mobilization. It 'loosens up' the feet, promoting healthy movement and function (and feels amazing!).

Next, we prescribe simple exercises that can be done at work or home, designed to reduce pain and build strength.

Finally, you'll love the low profile, comfortable orthotics we recommend to prevent your feet slipping back into old habits. It's subtle support that lets your feet do their thing.

DID YOU KNOW?

Shoe sizes were devised in England by King Edward II who declared in 1324 that the diameter of one barleycorn (a third of an inch) would represent one full shoe size - that's still true today!



PRODUCT UPDATE



Happy Socks are here! Designed in Sweden, 100% combed cotton, these have been very popular!



Karma Rub (KR) is a pure liquid magnesium, highly concentrated so all it takes is 4 drops to rub into your skin and relieve tired, aching muscles!

SHOCK WAVE THERAPY IS MAKING WAVES!



We've discovered so many uses for shock wave therapy - from loosening tight muscles to treating heel pain. The way it works is with a small piston inside the handpiece that knocks against the head, sending a sound wave (or "shock wave") into the tissues underneath. It's been used for decades for tissue repair and reducing the sensation of pain.



2015 SA Winner

We donate 10% of our profits to the Salvation Army's "Do Unto Others" program, which provides food and accommodation for homeless people in Adelaide.



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