

THE POSTURE PODIATRY PULSE

WINTER 2015



THE LATEST ON OUR BLOG

3 Common Mistakes to Avoid when choosing school shoes



Yoga and Your Feet -- Bailey Keatley talks about the benefits of yoga, and how good feet can help you find your inner yogini.

Since assuming my role as clinic director, the biggest question I am being asked right now is,

“Daniel, what have you been up to lately?”

There has been a lot happening. During our daily team meetings we discuss new treatments, meet with other health professionals and find new ways to make our clients feel special.

We have welcomed two new team members - Ed Murray is our superstar sports podiatrist, and Haley has joined our administration team to ensure our clients are well supported from the minute they walk in the door.

We are excited to be introducing some new products soon which will help to add to our services and provide an improved clinic experience. Keep an eye out for the changes on our shelves.

Beyond our walls, I have been privileged to speak at a number of events for allied health practices and networking groups. I have met some great people and developed relationships which have resulted in better

professional development opportunities for our practitioners.

Online, we have been fine tuning a number of resources which will soon be available to everyone, including eBooks, videos, app material and more.

I am very grateful for the people who have contributed in so many ways to our success over the years.

Our mission is to provide the most relevant, tailored and advanced treatments for you, our valued clients. We base our success on how we support our clients to achieve the quality of life outcomes you deserve.

Whether you have joined us only recently, or if you have been with us for a long time, thank you for being a part of this exciting journey.



- DANIEL GIBBS



INTEGRATED MANUAL THERAPY WORKSHOP

Daniel presented to an enthusiastic group of physios, remedial therapists and other health professionals about the link between many foot and lower leg conditions through a much forgotten bone in the body.



THE ENERGY CLINIC OPEN DAY

Bailey, Scott and Daniel gave free foot screenings at The Energy Clinic's Open Day. Thanks to Duncan and the team for hosting a great day!



MELBOURNE BUSINESS WORKSHOP

Daniel took a trip to Melbourne and was asked to speak with other health business owners about the importance of doing the little things well.



WHAT'S UP?



Ed Murray is a Podiatrist with a background in Human Movement, and also has a wealth of experience with athletic and running products.



We welcome Haley to the reception team, who is passionate about making the experience for our clients the best it can be.



"It's a boy!"
Congratulations Alison, Scott and Isaac, a bouncing baby boy, Noel.

COMING INTO WINTER IT'S IMPORTANT TO LOOK AFTER YOUR FEET AND PREVENT WINTER PROBLEMS:

1. INSPECT YOUR FEET

- o Pay attention to changes in colour, texture or appearance.
- o Daily examine the soles for scaling, and between your toes for peeling skin. Also look for discolouration of the nails, which could indicate a nail fungus

2. LET YOUR NAILS BREATHE

- o If you usually hide your nails with nail polish, winter is a perfect time to let them breathe and apply some tea tree oil daily to help them stay healthy.
- o Tea tree oil contains anti-fungal properties that can help keep your nails clear.

3. CUT YOUR TOENAILS PROPERLY

- o Winter time is the season for ingrown nails. Cut your toenails straight across, and make sure there is no pressure on the ends of your nails in your shoes.

4. STAY WARM

- o Circulation problems can be exacerbated by cooler weather.
- o Wear warm socks made from natural fibres, and wear slippers at home
- o Exercise is great for enhancing circulation to your feet.



Great news!
We have been nominated for the Telstra Business Awards for the second year in a row. Stay tuned for the results later this year.



Video gait analysis is now being performed on iPads, meaning we can use great tools to analyse your walking better.



Daniel, Ed, Bailey, Scott



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