

# FOOTNOTES

Feetology Podiatry Newsletter

November 2015

## Why I Became a Podiatrist

(and not a rock star) by Mark Caldwell



I am often asked in the clinic, or even at barbecues with friends on the weekend, why did I become a podiatrist? Well the truth is, podiatry choose me.

When I was nine years old, I had just completed my last race at a Little Athletics carnival at the old QEII stadium and my heels had become so sore that I couldn't put them on the ground. I must have been quite a sight tip toeing around the field. This is when my Mum stepped in and made an appointment for me with our local podiatrist on the Gold Coast.

The podiatrist, Joanne, quickly sorted me out with exercises and orthotics and had me running again without pain. I continued to do a lot of track and field throughout high school, competing in 200m and 400m sprints at a State and

National level and even managing a few Decathlons along the way. I would not have been able to do this without podiatry. I had to wear my orthotics in my runners and track shoes or my heels would become very sore very quickly.

So when it came to the end of school, my choice was very simple. I knew what it was like to have sore feet and I wanted to help others with foot problems. So I studied podiatry for four years and here I am now, 15 years later, with a team of podiatrist and receptionists; helping people keep on their feet so that they can do the things that they love.

When you're next in, why don't you ask your podiatrist their "why I became a podiatrist?" story.

*Welcome to our revamped newsletter.*

*We want to share with you what is happening at Feetology Podiatry Centre.*

*- Mark Caldwell*



keeping you on your feet; keeping you doing the things you love

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# How to have Perfect Feet for Summer

## The “How To” guide for perfect summer feet...

With summer just around the corner it's time to prepare your feet to meet the light of day. After a cosy winter of hiding underneath socks and enclosed shoes, our feet will need a little TLC to get back into shape. Here are some tips for having sandal-worthy feet for the warm weather:

1. **Soak it baby:** Soaking our feet in warm water is soothing to the soul (and the sole!) and it also softens up the skin in preparation for the next step. Add some Epsom salts for extra muscle relaxation.
2. **Nail care:** The next step in “nailing” your summer look is...your toenails! Cut the nails in a square shape and avoid cutting too low to the nail bed. Cutting them too short can leave your tootsies open to infection which isn't fun.
3. **Scrub a dub dub:** Use a foot file or pumice stone to gently remove any hard skin on your feet. Ensure feet are still slightly damp for this part to avoid irritating any cracks.
4. **Lather up:** Massage some soothing moisturising cream into your feet. The best emollient creams contain urea which acts quickly to promote healing of dry, cracked skin, so try to get your hands on some (and then get some on your feet!).
5. **Lacking in polish is not always a bad thing:** Now that all the hard work has been done, it's tempting to put the finishing touches on with a coat of colour, right? And you can. Nail polish is cool, but only keep it on for a short period of time. Our nails need to be able to 'breathe' to stay healthy and fungus free.

These tips will have your feet toeing the line in no time! Enjoy showing off your hard work this summer.

### Shoe Problem

One evening after work, John drove his secretary home after she was unable to start her car. Not wanting to bother his wife, Maureen, he decided not to mention it to her.

Later that night John and Maureen were driving out to eat when John spotted a high-heeled shoe hidden under the passenger seat. Pointing to something out the passenger window to distract his wife, he picked up the shoe and tossed it out of his window.

They arrived at the restaurant a short time later and were about to get out of the car when Maureen enquired, 'John, have you seen my other shoe?'

### 15 Years Ago



### Today



## Team member profile

### Caitlin



You may have spoken to Caitlin on the phone or have been greeted by her when you arrive at the clinic. Caitlin is the longest serving member on our reception team.

Caitlin is in the office part time, and when she is not working at Feetology she is busy being a mum to her two year old son.

She enjoys cooking, reading and running, and anything that involves the beach.



## Caitlin's Coconut Rough Protein Balls

*I like these protein balls because they are a healthy and delicious snack. They don't take long to make and haven't got too many ingredients. They taste so good they seem like junk food but they're actually quite healthy, and are a great alternative when reaching for something sweet like cookies.*

### Ingredients

1 cup of dates, pitted

1 tbsp. vanilla protein powder

1/2 cup coconut oil

1 cup almond meal

1/2 cup shredded coconut

1/2 cup cacao or coco

Blend dates in food processor. Add the rest of the ingredients and pulse until combined. Don't over mix as it can become too wet (if this happens, refrigerate until firmer). Roll into approximately 16 balls (I find one heaped teaspoon usually works).

Keep in the fridge and enjoy!

# Fun ways to boost your activity levels

Research has shown that mild to moderate activity is enough to change your life for the better and if going to the gym just isn't your thing, try these playful ways to get moving:

- Make it a game: Activity-based video games such as those from Wii and PlayStation can be a fun way to start moving. So-called "exer-games" that are played standing up and moving around—simulating dancing, skateboarding, soccer, bowling, or tennis, for example—can burn at least as many calories as walking on a treadmill; some substantially more. Once you build up your confidence, try getting away from the TV screen and playing the real thing outside
- Get social – exercise can be a great time to socialize with friends and working out with others can help keep you motivated. Join the local Park Run. Join a sporting team.
- Take the family (human and/ or fur) to the beach for a walk. Plus walking on the sand will exfoliate your feet (bonus!!)



More sneaky ways to "move it":

- Make chores count. House and yard work can be quite a workout, especially when done at a brisk pace. Scrub, vacuum, sweep, dust, mow, and weed—it all counts.
- Look for ways to add extra steps. Take the stairs instead of the elevator or escalator. Park farther from the entrance, rather than right out front. Get off your train or bus one stop early. The extra walking adds up.
- Make your TV less sedentary by exercising every time commercials come on. Options include star jumps, sit-ups, or arm exercises using weights.

## Win a Pair of Sandals for Summer!

Do you know someone who needs our help?

We are always looking for new patients to assist at Feetology Podiatry Centre, and we are asking for your help. If you know someone that could benefit from a visit to us, please pass our details on to them (you could pass this newsletter on to them when you're finished with it...).



We will be giving away a pair of **Revere Sandals** (valued at \$189). You will get one entry into the draw for each new patient that tells us you sent them. The competition will be drawn on Friday, 8 January 2016.

Thank you for your help recommending us to your family and friends. This is the nicest compliment you could pay us.

## Contact Us

Call us to make an appointment:

07 3820 6326

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