

FOOTNOTES

Feetology Podiatry Newsletter

May 2017

Is Change as Good as a Holiday?

Let's find out!

Well, here we are well into May with winter just around the corner. The heat has finally subsided and we can all get a good night's rest again.

I often find that at certain times in my life particular themes start to show themselves. I am going through one of these periods right now, being "change". This has been showing up for me at home with some house renovations and in our clinic with a change in some of our team members.

Often my first reaction when confronted with change is not always positive. But I know that from past experience, whilst change can take some effort to get through, it can, at the same time, be very rewarding.

On a personal front, Ariella and I have been going through a long-winded renovation at home. What started out as "updating" the bathrooms has turned into a six month affair. You know, it's the old story of "if I do this, I should really do that..." and the project grows quickly!

We have hit "renovation fatigue"; tired of living in disruption, dust and mess. We are managing to get through knowing that our tired old house is going to look like new

again at the end of the process. It will be just like moving into a new house, without having to change addresses.

We've also been going through some changes at Feetology, namely with some of our team members. Our podiatrist, James, left the Practice at the end of March, leaving to go back to do some more study. When James gave us the news of his departure, it was another one of those challenging change moments. But with every challenge comes an opportunity. We have been fortunate to find a great podiatrist to join our team, **Emma McDade**.

I first met Emma back in 2013 when she came to the clinic to do "Prac" with us while she was completing her final year of university. She impressed me with her enthusiasm for podiatry back then but we did not have a position in the Practice at the time to offer her. Fast forward four years, I am really excited to have her join our team and help us to care for our patients.

So, is change as good as a holiday..? I think it can be! Until next time (keep those feet warm over winter), Mark.



"The secret to living well and longer is: eat half, walk double, laugh triple and love without measure."

~ Tibetan proverb

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





5 Simple Steps to Finding Happiness Every Day

Research shows that happy people are healthy people! They get sick less often and have longer lives. They have more friends and more fulfilling relationships. The data also shows that happier people are more productive, are more likely to get promoted, have higher salaries and get more bonuses.

It is clear to see; happiness is much more than just a matter of personal well being! Happiness affects us all on a much wider basis collectively speaking. It's shown to boost public health, better national economics and societal well being too! The benefits of being happy are more widespread than we thought.

"Happiness" is a natural by-product of working towards a bigger and better future. So, follow these 5 steps to get your "happy" on:

1. Perform random acts of kindness. Kindness and generosity can be sprinkled widely and liberally. You may never know the true impact of a seemingly small gesture on another person but you will know the joy it brings to you.
2. Practice gratitude. A quick and easy way to elevate your happiness, is to recognise the good things that are in and around your life right now. Take a moment and look around you.
3. Exercise. The more intense your workout is, the happier you will be. It's scientifically proven, so go for it!
4. Be mindful. Really pay attention to what you're doing, consciously create your life with each purposeful action.
5. Do something you love to do every day, whether it means reading, going for a run, teaching, gardening, anything that makes you smile.

Feetology Podiatry Centre

is the proud sponsor of:

- Sharks Triathlon Club 2016—2017



- "Bombers" Junior AFL Club 2017



It's easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

1						5		
5				8	9			
	4				6			
	7	8				4		
				2	4			
	5					3		9
6	1							
			8	1		9	7	
			9				5	

Team Member Profile:

Caleigh Crick

Caleigh graduated from QUT in Brisbane in 2002.



She moved to London with her husband and lived in the UK for nearly 8 years, working as a podiatrist. Caleigh, and her family, moved back to Brisbane just over two years ago.

Caleigh has two little boys that she loves to spend time with when not working. She also enjoys running if she gets up earlier than the kids!

Caleigh joined the Feetology team last year as a Senior Podiatrist. She particularly excels in biomechanics and sports podiatry, and enjoys working with children of all ages.

Did you know...

... that we help with children's heel pain?

We get so much positive feedback about what we do here at Feetology and we want to share some of our success stories with you.

The football season has just started and we have lots of children coming through our doors complaining of sore heels. We have great success with treating this often debilitating problem in kids.

Master H presented to us with heel pain that started with the onset of footy training. He was not able to complete a training game without coming off the field with painful heels. It became so bad that his heels were hurting at lunchtime at school. His mother reported that when he got out of bed in the morning he was hobbling around the house like a "little old man". His heel pain was really starting to affect Master H and he was feeling very emotional about letting his team down.

The Feetology team assessed Master H with a full biomechanical analysis to figure out what his heel pain was and why he was getting it. It turned out he had 'Sever's Disease' and Achilles Tendinopathy. We fitted him with orthotics that he was able to transfer between his school shoes and football boots, and also adjusted his footy boots slightly. Lastly, he was given an exercise program that involved stretching, foam rolling and strengthening of specific muscle groups.

At his four week review, Master H was no longer in pain, was playing full games of footy and kicking goals!

Caleigh's Healthy Muesli

"This is the best, healthiest muesli I have ever eaten, let alone made. I make it for my family, knowing there are no nasties or palm oil used making it. It's delicious with fruit and yoghurt and you don't need too much as it's so filling."

Dry ingredients:

- 1/2 cup dried fruit (sultanas, raisins, apricots etc.)
- 1/2 cup mixed raw nuts of your choice
- 4 cups rolled oats
- 2 tbs coconut
- 1 tbs each of sunflower seeds, pumpkin seeds, sesame seeds, chia (and anything else you desire)

Wet ingredients:

- 1/3 cup rice malt syrup
- 1/3 cup olive oil

Method:

- Mix all dry ingredients in a bowl
- Heat wet ingredients in a microwave for 30 seconds until it's warm and mixes together
- Pour the wet mixture over the dry ingredients and combine well
- Place combined mixture in a flat tray on baking paper in the oven for about 30 minutes at around 160 degrees
- Remove from oven and allow to cool before storing in an airtight container
- Enjoy!



Top Tips for Winter Wellness

Scrub Up: Wash your hands! This is something we should be doing all the time but it seems that we forget about an old habit drummed into children as we get older.

Hand washing statistics are scary! Only 75% of women and 58% of males wash their hands. Protect yourself from winter bugs and wash your hands!

Move more: "It's cold" is not a good reason to avoid exercise. In fact, moving more may just help you to fight off winter colds and flus. Exercise helps to flush toxins from your body through respiration and sweating. Regular, moderate exercise is the way to stay well through winter.

Relax: Take some time to "chill". Sustained stress can have a negative effect on your health and well being, depleting your immune system and increasing your risk of upper respiratory tract infections.

Get more sleep: Getting adequate sleep allows your body to recuperate from the day's activities, and will also help your body to fight off winter bugs. Research shows that people who do not get enough sleep, i.e. less than 7 hours per night over a two-week period, were almost 3 times more likely to catch a cold or flu.



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ORTHAHEEL

New season Vionic, revere and Scholl Orthaheel footwear is now available at Feetology. These stylish runners, sandals and thongs combine support and style, without sacrificing the extra comfort your aching feet deserve!

**** Cosy and warm, and super supportive with orthotic-like foot bed; this winter's slippers and slipper boots have arrived ****

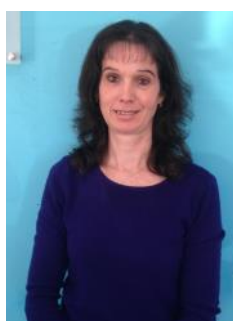
Do you know someone who needs our help?

If you know someone that could benefit from a visit to us, please pass our details on to them. We would love to help them to live their best life.

You could win a pair of shoes for your recommendation! You have a chance to win a pair of shoes from the Scholl Orthaheel, **revere** or VIONIC footwear ranges (up to the value of \$220).

Feetology gives referring patients one (1) entry into the quarterly draw for each new patient that tells us you sent them. The next prize draw will be **Friday, 30 June 2017**.

Congratulations and thanks to Min T, Rhonda M and all of our "Refer-a-Friend" prize winners for recommending us to your family and friends. It's the nicest compliment you could give us!



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