

WINTER NEWSLETTER



Have you Heard About the Richie Brace ?



The Richie Brace® is a custom ankle brace (ankle foot orthotic) designed to treat chronic conditions of the foot and ankle such as posterior tibialis tendon dysfunction (PTTD), chronic ankle instability and drop foot.

The brace has provided podiatrists with an excellent non-operative approach to treating some of the most challenging pathologies that we see especially when other customised orthotic therapies are no longer working and when surgery is not an option. The brace has a customised orthotic footplate which articulates with an adjustable semi-rigid lower leg upright support.

It works by stabilising rotational forces in the feet and can be modified to add further restriction of motion in the sagittal, frontal or transverse planes depending on the patients needs. The brace is lightweight and low-profile improving fit and comfort for the wearer when compared to traditional AFO'S (ankle foot orthotic's). The Richie Brace is easy to put on and fastens with a single velcro strap.

The Richie Brace is fabricated using an ankle casting sock that allows an impression to be taken of the patient's foot and lower leg making it totally customised to the individual patient.

Our commitment is to provide our patients with consistent high quality care. We aim to exceed their expectations and give them value for money.

By continually advancing our skills we aim to be able to identify and effectively treat our patients foot problems.

Most importantly, we will keep our patients informed and involved in the management of their foot health.

OUR TEAM

Podiatrists:

Paul Fleet

Krystle Mann

Matthew Richardson

Joanna Milgate

Admin Support:

June Copeman

Caroline Crowther

Office Hours:

Mon-Fri: 8am- 5pm

Wed: 8am -7pm

Sat: 8am -12pm

Contact Us:

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Introducing

Matthew Richardson - Podiatrist

I am thrilled to have joined the team at The Foot Clinic. I



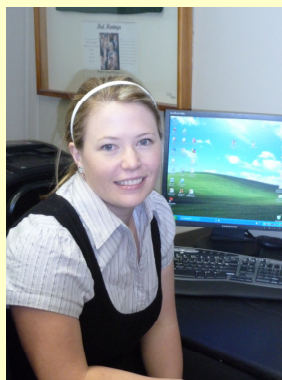
am originally from Adelaide where I completed a Bachelor of Podiatry at the University of South Australia.

Over the last five years I have worked in both public and private practice on the NSW Central Coast. With regards to Podiatry my specific interests lie in biomechanics, diabetic foot care and general treatment.

Outside of work I enjoy most things sports related, music, films, and spending time with family and friends.

Joanna Milgate - Podiatrist

I spent my childhood in Sydney and after graduating High



School I decided to complete my Podiatry training in Albury / Wodonga at Charles Sturt University. I originally relocated to Canberra after winning a scholarship to work for ACT Health.

I thoroughly enjoy living in Canberra and have chosen to stay in this wonderful city. I'm excited to now be a member of The Foot Clinic team and be

part of one of Canberra's most renown practices. When I'm not being a Podiatrist you can find me down the Coast in the summer and at the ski fields snowboarding in winter. I also enjoy riding my bike or walking around Lake Burley Griffin.

Discount

Are you needing a second pair of Orthotics ?

Save 25 % on your next pair of orthotics if you order a second pair within 12 months of receiving your first.

Ask us about our Family Discount....

Restaurant Reveiw - 73%

By The Foody Team @ The Foot Clinic

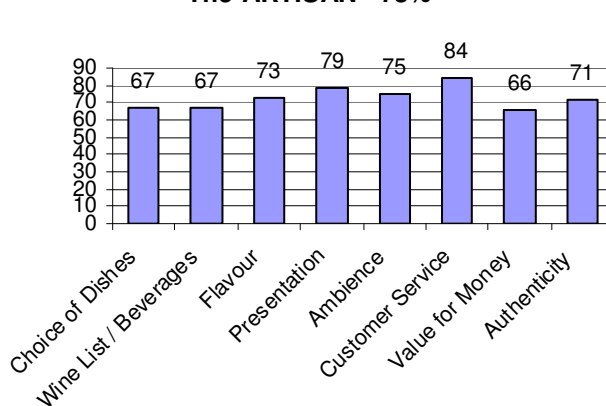


Located at Narrabundah Shopping Centre the team at The Foot Clinic recently had a wonderful dinning experience that we want to share you.

Team Comments:

- *The Potato Soufflé was Sublime - Caroline*
- *I Liked the Waiter, He was Lovely—Joanna*
- *I Always Like the Concept of Two Owners, one front of house the other in the Kitchen. This Always Ensures Quality Control -Paul*
- *Can't Wait To Go Back and Try More from the Menu, The Duck with the Chestnut Puree and the Blackberry Glaze was an awesome Combination -June*

The ARTISAN - 73%



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PUT THE ARTISAN ON YOUR 'MUST VISIT' RESTAURANT LIST