

INTRODUCING...

Alex Murray - Podiatrist

I completed my Podiatric studies in Melbourne and I'm excited to be part of The Foot Clinic team. I've enjoyed my previous visits to Canberra and it's been great to return and catch up with the many friends I have here.

Following my experiences in many different sporting, youth groups and community associations, I have developed a broad interest in the many sub specialty groups of Podiatry. Sports injuries, injury prevention & paediatrics' interest me the most.

Outside of the clinic you will find me either practicing martial arts, enjoying a good meal with friends or family or out discovering everything Canberra has to offer!"



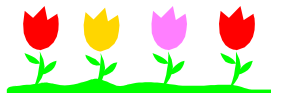
**25%
DISCOUNT**

DON'T MISS OUT!

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
Discounts for
Families as well....**



FEET ABROAD



COMPETITION

Where in the world have your **feet** and or your **orthotics** been?
Take a picture of you and your orthotics in an amazing location for your chance to win a \$50 footwear voucher!
Please email your photo to info@thefootclinic.com.au

A snapshot of where our orthotics have been recently...



Cape Horn



Sahara



Paris - France



East Coast of Norway



Virginia USA



Washington DC



The Great Wall of China



South Africa



Queensland



Disclaimer: Information contained in this newsletter is for general information only, and is not to be taken as prescribed treatment solutions for your foot health concerns.



The Foot Clinic
Canberra's Family & Sports Podiatry Centre



footnotes

Our Team

Podiatrists

Paul Fleet
Samuel Harkin
Alex Murray
Matthew Richardson

Admin Support

June Copeman
Caroline Crowther
Frances Sowden

Office Hours

Monday - Friday
8am - 5pm
Wednesday
8am - 7pm
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8am - 12pm

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RUNNING is a popular fitness activity because of its health benefits, affordability and convenience. As a result, running has one of the largest participation rates among Australians. However, running often results in injury due to people wanting to do too much too soon. Given the high incidence of injury among runners (up to 70% over a 12 month period!) we thought some tips on injury prevention might assist you in avoiding this problem of overtraining.

Before running, see a professional to identify potential musculoskeletal and health problems that may contribute to injury. Always warm up and cool down by jogging slowly. Injured runners should consult a professional about how to prevent re-injury. Hydrate prior to running and consider taking water on longer runs. Good technique and practices will help prevent injury.

Avoid doing too much, too soon. Establish a graduated training program. Allow 24-48 hours rest and recovery between running sessions. Cross training, cycling or swimming can be done on 'rest' days.

Start slowly at a pace where you can have a conversation without breathlessness. Gradually build up running speed and distance of no more than 10% per week). Cut down if you experience pain. Pain is a sign that the body is not adapting to the exercise load.

Include lower leg strength and flexibility exercises in your training program. Avoid running when you are tired and in extreme weather conditions.

Wear shoes specifically designed for running that match your foot type. The Foot Clinic can provide you with a footwear prescription.

Drink water or a sports drink before, during and after running.

Running is not an appropriate form of exercise for those who are heavily overweight, have significant skeletal malalignment, unstable hips, spinal stress fractures or knee cartilage damage.

If you suffer severe or continuing pain, swelling or loss of motion, seek medical attention from a sports medicine professional.

(www.sma.org.au)

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.

Your shoes can tell your age...

Try this and see!!

1. Take your shoe size (no half sizes, round up)
 2. Multiply it by 5
 3. Add 50
 4. Multiply by 20
 5. Add 1013
 6. Subtract the year you were born
- The first digit is your shoe size and the last two digits are your age!! **It's shoe.... MAGIC!**

