



ALL CARE TEAM

- Patrick Cruice**
Principal Physiotherapist
- Casie Scott**
Physiotherapist
- Belinda Jarrett**
Physiotherapist
- William O'Callaghan**
Physiotherapist
- Sue McKean**
Receptionist/Admin
- Gillian Kehoe**
Receptionist/Accounts



POINTS OF INTEREST

- Our Clinic provides:**
- On-the-spot Health Fund rebates.
 - Up to 2 hrs free parking in Brisbane Private Hospital and Specialist Centre Car Parks only (if available) by presenting parking ticket to receptionist for validation.



Welcome to All Care Physiotherapy News. We are here to help you, so if you have any feedback or requests for future articles, please feel free to contact us via email or directly at our clinic.

 **Plantar Fasciitis** 

What is it?

It's an overuse injury that causes inflammation at the heel bone where the fascia attaches.



How does it happen?

It results due to stretching or 'pulling' of the plantar fascia at its attachment site on the heel bone. It can happen over a long period of time. It can be associated with activities like running or

dancing. It can sometimes be associated with a pronating or rolling foot type.

What does it feel like?

It usually feels most painful and stiff in the morning. It can be like walking on a stone. There is usually a dull ache at the heel bone and it is usually sore to touch.

What should I do?

See your Physiotherapist to assist recovery and to avoid any long term effects. Physiotherapists can aid with treatment involving a combination of ice, massage, taping,



Level 5 Specialist Centre
Brisbane Private Hospital
259 Wickham Terrace
Spring Hill Qld 4000

Phone: 07 3834 6501
Fax: 07 38346564
Email: all_care@tpg.com.au

Services Provided

Spinal care
Joint care
Muscle care
Sports care
Work care
Orthopaedic care
Massage Therapy

We're on the Web!
allcarephysiotherapy.com.au

stretching, assessment and correction of biomechanical anomalies which may have caused the injury. Your Physio can also assess your footwear to see if you are wearing the appropriate shoes. Your Physio will be able to provide assist in the return to desired activities and to prevent reoccurrence of the injury.

Orthotics

We are also able to offer premolded orthotics which may assist your condition. Your Physiotherapist will assess your gait (walking pattern) and foot type to determine if these will be of assistance.



Please let us know if you do **NOT** wish to receive our newsletter. If you have any ideas for articles, please email us at