



Welcome to our monthly edition of 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.

THE PITFALLS OF PRONATED FEET

Our feet are very important. Apart from enabling us to walk and move around, our feet absorb the forces of impact as we walk and run. Having flat feet or pronated feet means that the arch of your foot is lowered more than normal. In some cases, there is no arch.



During walking, when the foot comes into contact with the floor, the arch of the foot lowers to a certain extent. This lowering is referred to as pronation and a certain degree of pronation is considered normal.

However, if the foot pronates too much, not enough, or at the wrong time, problems can occur. It is more common to over pronate than to under pronate.

When the foot pronates too much, soft tissues can be over strained and the whole lower limb can rotate too much. Problems resulting can include strain or inflammation of the plantar fascia under the foot which can lead to foot and heel pain. Shin or knee pain may result if the rotation of the lower limb is excessive.

If the foot doesn't pronate enough, it may not be absorbing enough of the forces of impact and excessive forces can be transferred up the leg.

Causes

The causes of over or under pronation are varied, from stiff joints (a result of a sprained ankle for example), to tight or weak muscles. For other people genetics play a role, i.e. they are born that way. In this case, if the person has no symptoms, things are probably best left well alone.

Treatment

Treatment for those experiencing problems involves a thorough assessment by a physiotherapist to determine the underlying cause. It might not be just your foot that's the problem!

A typical treatment plan will probably include stretching and massage of tight muscles, specific strengthening of weak muscles, local modalities such as ultrasound for settling inflammation, taping of the foot, and in some cases the use of inserts or orthotics.



So, don't ignore that niggle or twinge of pain in your calf, heel or foot. Come in for a foot assessment. You can actually do something to fix it!

ALL CARE TEAM

- Patrick Cruice**
Principal Physiotherapist
- Heidi Wimmer**
Physiotherapist
- Marianne Mendis**
Physiotherapist
- Paul Campbell**
Physiotherapist
- William O'Callaghan**
Physiotherapist
- Ben Tanner**
Massage Therapist
- Morag Palombo**
Receptionist/Admin
- Karen Degnian**
Receptionist



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.
- Massage gift vouchers available at reception.





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Specialist Centre
259 Wickham Terrace
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Services Provided

Spinal care
Joint care
Muscle care
Sports care
Work care
Orthopaedic care
Remedial massage

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

FOR SALE

The following items are for sale at our clinic.

Wobble Boards	\$57 each or \$25/mth for hire
Swiss Balls	\$50 for 55cm (350kg) \$54 for 65cm (350kg)
Lumbar Rolls	\$21 each
Contour Pillows	\$75 each

MASSAGE

As from 1 September there will be an increase in fees (inc gst) as follows:

1/2 hour massage	\$44
1 hour massage	\$66
1 1/2 hour massage	\$90



Please let us know if you do **not** wish to receive our newsletter. If you have any ideas for articles, please email us at all_care@tpg.com.au

Interesting Facts

FOOT HEALTH WEEK - October 8 to 14

Foot health in the workplace was the focus for Foot Health Week in 2001.

That year it was noted that nearly 20 per cent, or one in five, of all workplace injuries occurred to the feet and lower limbs. Also, on average, foot and toe injuries resulted in seven weeks off work, costing about \$5000 per injury.

Back then, the Australasian Podiatry Council warned that changing work practices and longer working hours would take their toll on Australian workers' feet.

Five years on, the news is not good.

Feet and lower limb injuries in the workplace are barely declining but the impact is more severe, with lower limb injuries now resulting in 10.8 weeks off work.

The manufacturing, construction and transport industries are where most foot and lower limb injuries occur.

Facts about feet at work

On average, a workplace foot injury results in an absence of 10.8 weeks from work.

At work, men are more likely to suffer foot and lower limb injuries when starting out in the workforce, while women are more likely to suffer foot and lower limb injuries in the years approaching retirement..

The manufacturing industry is where most workplace foot injuries occur, followed by the construction industry. About 17 per cent of all injuries in the manufacturing sector involve the feet and lower limbs.

Sprains and fractures are the most common workplace foot injuries.

Workplace foot injuries can be costly. A Queensland mining company employee was awarded \$60,000 in damages after his work-issued boots were found to have aggravated inflammation of his sole.

Some employers must provide safety footwear on the job. Ask your boss for details.

(Information obtained from www.feet.org.au)