

Issue 02;
March 2010

resonance podiatry

stepping forward

Lisa Whiteman Podiatry Group

Welcome...

Welcome to the second edition of our newsletter and our first for 2010. It continues to be an exciting and busy time for us, with the launch of Dr Comfort shoe range, DryMax sock range, and the opening of new locations in both the CBD and Lower Hutt City. 2010 brings further development for **resonance podiatry** particularly in the area of the diabetic and high risk foot and we look forward to keeping you informed as the year progresses.

The High Risk Foot...

Fiona Popert, **resonance podiatry's** diabetic podiatrist, has brought together international guidelines to develop a foot screening programme which will assess patients' risk status

These feet are often a challenge because of foot deformities, swelling, lack of feeling, poor circulation and muscle weakness. Checking and protecting the feet is central to maintaining that they stay functional and free from infection or injury.

resonance podiatry are pleased to report that we are now well under way with our top of the range quality medical style Dr Comfort shoes. Patient feedback has been excellent.

Designed with the help of podiatrists' and pedorthists' the Dr Comfort range provides complete fulfillment of the needs of the high risk or difficult foot. With extra depth, and extra width fittings, leather and seamless linings, and leather uppers you will not be disappointed. And of course, all shoes will happily accommodate an orthotic.



Some of our patients have already been filling in our new footwear form which looks at the suitability of their shoes. From the third of the patients we looked at 63% had good supportive shoes and 37% could do with improvements!



Fiona Popert,
*measuring a patient's
foot with the Dr
Comfort brannock.*

Sponsored Athlete...



Robert Stewart has recently returned from competing in the ITU Long Distance Triathlon World Championships, held in Perth in October 2009. The race consisted of a 3km swim, followed by a 80km cycle, and a 20km run to finish. The conditions were the toughest they had been all week, with temperatures soaring to 32 degrees Celsius! We are extremely proud of Rob's achievement, after he was placed 11th in the 25-29 year old age group.

Rob also competed in the Port of Tauranga Half Ironman in January 2010, where he was placed 4th in his age group. This ensures him a spot at this year's World Championships to be held in Immenstadt, Germany, in July 2010. Well done Rob!!!

We have been working with Rob over the last eight months to fine tune his running technique and biomechanics to have him perform at his optimum. We have used **gait diagnostics** to analyse his gait, identify hyperloads and any imbalances within his static stance. This has aided us in the manufacturing process of his orthotics, to enable us to provide Rob with the most efficient biomechanics.

New Locations...

resonance podiatry @ Capital Sports Medicine
stepping forward

Katie Stewart has now joined the team at Capital Sports Medicine two days a week, further enhancing **resonance podiatry's** service delivery within the Wellington region.

CSM could be described as the inner city one-stop-shop for all sports injuries and musculoskeletal problems.

Being a multidisciplinary environment Katie sees real benefits having many rehabilitative services all at one location, as it takes patient care and practitioner interaction to a whole new level.

resonance podiatry @ Hutt Physiotherapy
stepping forward

Raewyn Phipps has recently started at a new location in Lower Hutt central, working with the team at Hutt Physiotherapy Centre on Wednesday mornings.

Hutt Physio and **resonance podiatry** have a longstanding relationship with the core focus being excellence in rehabilitation for our mutual patients. Raewyn's expertise in rehabilitation and now being 'on site' will provide patients with increased access to our podiatry services.

Raewyn continues to be available at TBI Health, Hutt City.

Working in environments that encourage multidisciplinary input into rehabilitation issues continues to be a rewarding approach to rehabilitation for both the patient and the practitioner.

DryMax Socks...

Keeping Your
Feet Dry



Moisture is the foot's worst enemy. It's a fact of life your feet are going to get wet. Your feet get wet from sweating to even just getting caught in the rain, leading to problematic blisters, fungal infections and odour causing bacteria, to name a few.

However, help is at hand, or the foot – with the new Drymax technology range of socks, your feet will stay dry. Drymax socks are designed with a moisture removal system, which uses hydrophobic fibre technology interwoven into a dual-layer sock. These layers work in conjunction to lift moisture away from the skin guaranteeing the Drymax sock will keep your feet dry and comfortable in hot, cold and even wet conditions.

DryMax socks have been rigorously independently tested in a military setting with outstanding results (Podiatry Today Issue June 2009).

resonance podiatry stocks a wide range of the Drymax socks, including sports, running, men's dress and diabetic range.

In particular, the diabetic range is designed so as not to reduce circulation or leave marks on the leg. It has a soft stretch leg and the inside of the foot area is seamless. As the Drymax diabetic sock removes moisture away from the skin thus preventing any unnecessary skin complications.

Other News...

• You can now find us online at www.respod.co.nz. You will find our various locations and contact details here. The website continues to develop and as time goes on will contain further information, useful links, and our newsletters.

• There is evidence to suggest that poor core stability and strength could be implicated in the increasing incidence of slips, trips and falls, especially in the elderly. At **gait diagnostics** we have technology that measures postural sway and stability (stabilometry) and have decided to put together a pilot study to determine the link between core strength and postural sway. Our candidates are tested using strict stabilometry protocol, then attend 6 weeks of core stability classes before being tested again. We are hoping to present the results as a poster at the Podiatry New Zealand Conference to be held in Wellington in September.

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walk (wôk) vi. ME [walken <---OE *wealcan*. to roll, journey, akin to Ger *walken*, Frank**walken* to full (cloth), stamp <---IE* *wolg* <---base**wel-*, to turn, roll, ---->L *volvere*, to roll, Gr *eilyein*, to rollup, wrap] to go along or move about on foot at a moderate pace; sepcif., to move by placing one foot firmly before lifting either of the others, as four legged creatures do, to go about on foot for exercise of pleasure; hike vt. to tranverse, **n.** the act of walking, a route traversed by walking, to take a **walk, walk, walk, walk**

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