

Issue 01;
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resonance podiatry

stepping forward

Lisa Whiteman Podiatry Group

Welcome...

Welcome to the first edition of our newsletter. It is an exciting time for us within our busy practice, with the addition of new personnel and new diagnostic equipment that will provide quantifiable patient information not only for podiatry, but for anyone in the medical profession involved in diagnostic gait and / or postural management.

Gait Diagnostics...

Clinical gait and postural analysis is a tool which quantifies the clinical picture, thereby assisting health professionals in identifying the cause of biomechanical imbalance that is causing pain. This process is facilitated through the use of technology such as; specialised, computer-interfaced video cameras to measure patient motion; force platforms imbedded in a walkway to monitor the forces and torques produced between the ambulatory patient and the ground; and sophisticated software which provides not only individual patient data but normalised values. Essential to this process is of course the interpretation of the data by an experienced health professional.

BODY ANALYSIS

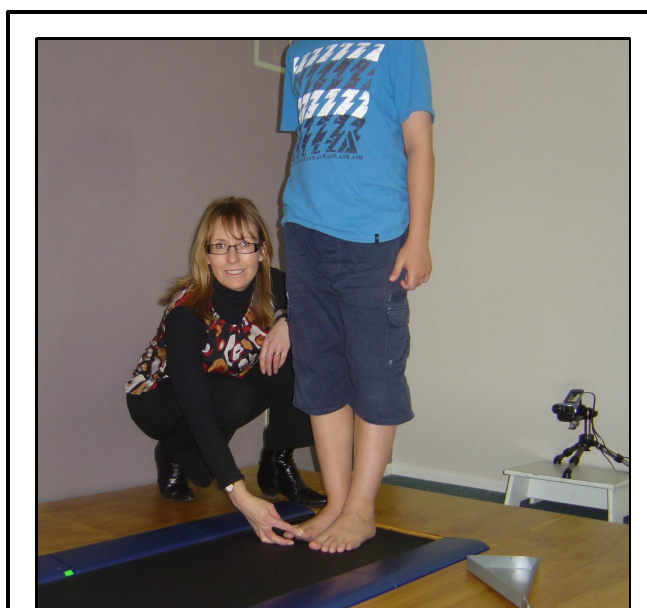
We gather information about a patient at rest, by video capture which provides detailed and accurate measurements of the entire body structure. It measures inclinations, length, angles, and imbalances of the body (head, neck, shoulder, pelvis, knee, ankle and foot). Imbalances within the body structure will often be a factor in injury rehabilitation, as well as symptoms involved in musculoskeletal pain and headaches.

STABIOMETRY

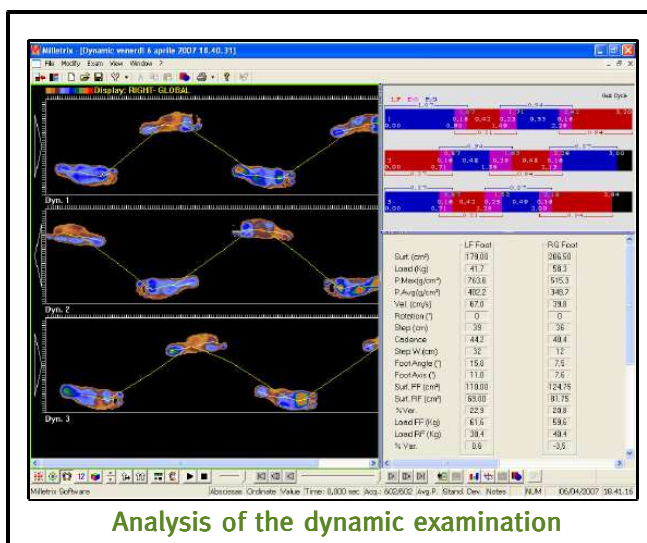
When the body is standing statically an amount of postural sway is present. These postural oscillations can be evaluated to measure the performance of the control systems, both biomechanical and receptorial. This investigation, when used in combination with a dynamic pressure analysis, allows correlation of instabilities between motor coordination and balance maintenance.

DYNAMIC IMAGING

Using a combination of video capture and a Pressure Multi Sensor runway we are able to evaluate a patient's dynamic movements and the angles of individual joint segments. In particular it measures the specific phases of the walking movement, shoulder and pelvic inclinations and knee angles. Dynamic imaging registers and assesses the overall postural condition of the body and the impact forces the body is exposed to. Results can be printed or transferred to DVD for use by a multidisciplinary health care team.



Lisa Whiteman performing the "jack's test"



Analysis of the dynamic examination

New Team Members...

KATIE STEWART is the newest addition to our team. She joins us at an exciting and busy time. Katie has been a practising podiatrist for the past 18 months, and has a passion for paediatrics, biomechanics and sports medicine, ranging from the recreational athlete to the elite. She also enjoys the surgical side to the profession.

As part of Resonance Podiatry's rebranding and restructuring, Katie will be working throughout the wider Wellington region. She will be based in Mana at Paremata Podiatrists and Gait Diagnostics. She has also been given the exciting task of developing two new satellite practices to be based out of TBI Health in both the CBD and Kapiti. Both these practices are up and running for business.

In her spare time you will find Katie out on Wellington harbour sailing her Hobie 16 catamaran, or out cycling. Her next endeavours are The Lake Taupo Cycle Challenge, and to complete her first triathlon.

RAEWYN PHIPPS is back from maternity leave. She has been part of the team for many years so it is great to have her back. Raewyn will be developing our Hutt City practise on a part time basis initially, specialising in biomechanics, lower limb pain and injury rehabilitation. Prior to taking maternity leave, Raewyn completed a post graduate diploma in Musculoskeletal Management, skills which will be able to be well implemented in her new role.

Raewyn will be with us from August 17th.

The High Risk Foot...

FIONA POPERT qualified in the UK many years ago, and has been with our team for the past year. Her passion is for any disease that causes foot complications, one of which being Diabetes mellitus due to the very real threat of losing a leg. Half of non-traumatic amputations are because of a foot problem due to Diabetes. In fact every 30 seconds an amputation is performed around the world. Compare this to losing legs every 30 minutes because of land mines!

Recently, Fiona attended a Diabetic Foot seminar in Brisbane, with David Armstrong, the diabetic foot 'guru' as the main speaker www.linkedin.com/in/dgarmstrong. He has a plethora of research papers and current topics of the moment that include "Shear Reducing Insoles", "Dermal Thermometry", "Skin Temperature Monitoring for Reducing Risk in Diabetic Foot Ulceration" plus many more. An array of these were discussed as well as a practical session regarding VAC therapy for wound management. The seminar also highlighted the importance and benefit of multidisciplinary team work.

On a final note, being a practitioner committed to limb preservation, it is most reassuring to know that, with the right assessment, the right intervention, in the right timeframe, 80% of all diabetic amputations are preventable!

Other News...

Paremata Podiatrists has undergone a makeover and we have rebranded! We are now known as **resonance podiatry**. In the weeks to come, we will be launching our sister company- **gait diagnostics**.

Resonance Podiatry's head office is still situated within our Mana premises, with Gait Diagnostics situated above our head office, within Mana Orthopaedics.

Over the next few months we will be launching a brand new website www.respod.co.nz

As mentioned earlier, our new CBD and Kapiti satellite practices are already up and running for business, and the Hutt City practice will be open from August 17th.

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www.respod.co.nz

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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