



Performance Podiatry

E-News April 2008

Hello and welcome to our quarterly newsletter. We'd like to keep our patients informed with what's happening at Performance Podiatry and let you know of any great deals that you could take advantage of!

Kent receives a research fellowship

Kent was recently awarded a research fellowship to continue his studies into treatments for Achilles tendon pain. This is Kent's second fellowship awarded by the Primary Health Care Research Evaluation and Development (PHCRED) program, a Commonwealth initiative to increase research in the field of primary health care.

Kent conducts his research at the School of Medicine, Griffith University under the guidance of one of Australia's leading musculoskeletal physicians. The results from the Achilles study are due to be presented at conferences around the world later in the year. So if you have a sore Achilles come and see Kent to get it treated.



Special offer from Active Stride!



184 Grey Street, Southbank
Ph: 3844 8794

www.activestride.com.au

For all your walking, running and triathlon gear, the guys at Active Stride have got it covered. They'll spend the time with you to make sure you get the best shoes for you. And they have a special offer for all Performance Podiatry patients. **For every pair of shoes purchased, they'll throw in a pair of SOFSOLE socks valued at \$30 until the end of May!** Just mention this special offer when you're in store for you FREE pair of socks.

In need of a massage?

Jodie Willett is available to offer remedial massage therapy at a great rate. Having Jodie here means communication between practitioners is effective so we can coordinate your care. Remedial massage is an essential part of many patient's treatment and is necessary for patients who do some regular running. It makes you feel good, it helps you recover from your training and can help prevent injuries – so why wouldn't you get regular massage?



Great Service



Looking to lose weight, get fitter, stronger or just tone up? Not sure where to start? Feel intimidated thinking about visiting a gym?

Go and see the guys at SOS Fitness. These guys have the best trainers in Brisbane. For straight forward, one-on-one professional advice, these guys will take great care of you. I personally recommend them. They have a fully equipped studio in South Brisbane and offer great service from personal training, to group fitness and corporate training, providing you with everything you need to reach your health goals.

SOS has a special offer for all of our Performance Podiatry patients. Just mention this newsletter to receive a **FREE one-on-one personal training session**, obligation free.

Contact SOS Fitness on 3844 4663 or visit www.sosfitness.com.au

Refer a friend

The biggest compliment we can be paid is if you refer a friend or family member to see us. As a sign of our appreciation, we'd like to say thank you. So until the end of June, if you refer a friend or family member for a podiatry consultation, we'll reward you with **20% discount off your next standard consultation!**

We look forward to seeing you soon!

