

Award for special research

WEST End podiatrist Kent Sweeting has been awarded for his research into Achilles tendon pain by Sports Medicine Australia.

Mr Sweeting presented the results of his three years of research to peers at the Asics Conference of Science and Medicine in Sport, hosted by Sports Medicine Australia, on Hamilton Island.

He took home the Asics award for best new investigator: lower limb.

"We've been working hard over the last three years so it's nice to get rewarded for all that work," the podiatrist, who is a partner in Performance Podiatry and Physiotherapy, said.

Mr Sweeting has worked with the research team at the School of Medicine, Griffith University investigating new treatments for chronic Achilles tendon pain.

"Achilles tendon pain is a pretty common thing that I see in my practice.

"Until recently, treatments such as ice and cortisone injections haven't worked all that well," he said.


"We've been able to demonstrate some really good results with a treatment called prolotherapy which is an injection designed to stimulate the body to rebuild the tendon."

When prolotherapy was used in combination with an exercise program, the researchers saw even better results.

As part of his award prize, Mr Sweeting will travel to Seattle in May, to present his research.



■ Top notch ... Kent Sweeting accepts his award from Associate Professor Jill Cook.

Down to business 

with Suncorp

THE severe weather in the last couple of weeks has really highlighted how unexpected events can impact on businesses.

With this in mind, now is a great time to make sure you're protected.

Just as you insure your home, contents and car, it's important to consider the types of protection you need for your business.

Having the right insurance is one way to ensure you can protect your assets.

There are insurance products to cover damage to buildings and loss of equipment or stock.

Small businesses should also speak to their insurance provider about how to cover the business owner and ensure the ongoing viability of the business in the event of a catastrophe.

Take the time to consider what your business continuity plans are. If your premises were damaged, could you continue to operate? Where? How?

What would the long-term impact be if you couldn't serve your customers, or pay your staff wages for a month? Develop a plan to ensure you still have a business when you reopen your doors.

Business interruption insurance could also help by providing income to pay ongoing expenses like rent and wages until you're back on your feet.

But it's always worth keeping a contingency fund aside for times of need.

By taking steps now, you can make sure you're ready for that rainy day.

■ Dennis Lu is your local small business representative. Phone 13 11 75



Commerce body makes bold changes

QUEENSLAND'S peak industry representation body, Commerce Queensland, has been renamed and rebranded as the Chamber of Commerce and Industry Queensland.

President Beatrice Booth said the overhaul had been two years

in the making and had involved working with interstate chambers to meet the various needs of customers and members.

"It is a bold move that speaks to the heart of the organisation's goal to emanate brave thinking that is always future-focused,"

Mrs Booth said.

"The development of one core brand system will only help to strengthen the profile of collective chambers and the benefits of that strength will flow on to members and customers in the form of stronger representation, a unified

voice and a greater resource and expertise base.

"We are building a powerful and competitive brand and business to take us into the next decade and beyond."

■ For more information visit www.cciq.com.au.

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