



Performance Podiatry

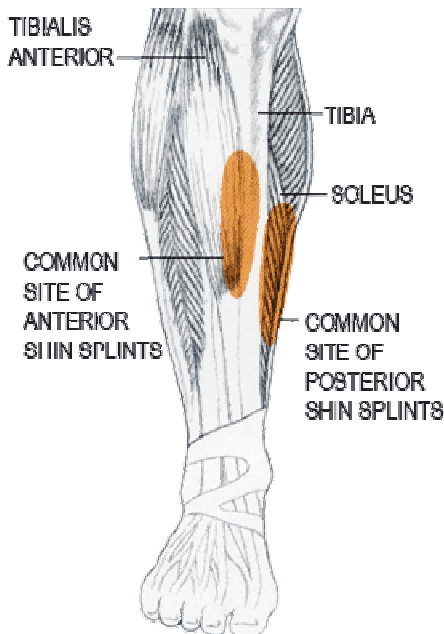
E-News

March 2009



Hello and welcome to our latest e-news. We 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!

Are Shin Splints Stopping You Training?



Shin pain is one of the most common injuries in running. What can begin as just some nagging pain at the start of a run can quickly develop into intense pain, even at rest. The most important thing to do is be assessed by a sports podiatrist, like those at Performance Podiatry. The most common fear people have about getting their shin pain assessed is that they'll be told to stop running. This very rarely happens with our patients. Most will go onto a modified program for a short period before being able to **return to running pain-free**.

We at Performance Podiatry can efficiently assess and diagnose your shin pain. Most importantly, when we treat the problem, we treat the cause of your pain. This way the chance of having the pain return is quite small.

Performance Podiatry and Physio Welcomes Gill

Those of you who have been in lately may have met the latest addition to our staff – Gill Kehoe. Gill joins the ever hard working Margaret on the front desk. After working in the business and finance sector, Gill decided to return to university to study physiotherapy. She is now in her second year and has developed an interest in musculoskeletal physiotherapy. Gill originally hails from Ireland, though she tells us she doesn't drink Guinness!



Ben and Kent to Speak at Conference

Our two podiatrists, Ben and Kent, will both be speaking at the upcoming sports podiatry conference to be held in Brisbane. Ben will be presenting on midfoot injuries in athletes whilst Kent will be talking on chronic tendon pain.



And finally, Ben's little girl Olivia is doing extremely well and growing lots. Ben and his wife Jo-Anne would to thank everyone for their well wishes.

We look forward to seeing you soon!



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