

PodiEtry News

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Greetings

I hope that you all enjoyed the long sunny summer that we have had and have been taking the opportunity to get outside, as we have.

Welcome Whitney:

I like to take this opportunity to welcome "Whitney King" to our Team at Waikato Podiatry Clinic. Whitney is an enthusiastic new Podiatry graduate who has several years experience in competitive gymnastics and gymnastics coaching. This experience has given her an excellent platform to further her sports medicine interests. She also enjoys the experience of meeting a range of interesting people in her general Podiatry treatments. We welcome Whitney to our team and hope to introduce her to you shortly.



Orthotic Care and Maintenance

Orthotics are usually issued with a specific purpose in mind. This usually involves

resolving pain or dysfunction that is being experienced. Because we live in a dynamic environment and our lifestyles and activities are ever changing, this means that the requirement of the orthotics are also rapidly changing.



The NZ Best Practice guidelines state that "Orthotics should be reviewed every 18 months". While this is a good guide, this time can vary depending on the activity, amount of use, type of materials used and the shoes that the orthotics were targeted for. One problem I see with orthotic reviews is that the shoes have invariably changed from those the orthotic was originally fitted to. The "last of the shoe" dictates the width and largely the depth and shape of the shoe, if this changes it can often alter the balance of the orthotic, either increasing or decreasing the amount of stability. These things need to be taken into consideration when reviewing the orthotic.

Orthotic manufacture is very diverse and there are a number of different materials used. The lifespan of the foam depends on its density. Most orthotic companies grade the density of foam with a different colour. There is a close relationship between density and durability, the higher density of the orthotic material the more durable it is, however the higher the density is, the lower the cushioning effect.

We urge you to please contact us for an orthotic review if you have not had one in the last 18 months or if you are not happy with the comfort or function of any of your orthotics. We do not have to have seen you previously to be able to do this.

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The Big Picture

As we are all very busy in our day to day lives we sometimes lose sight of the bigger picture, by this I mean what is happening in other areas outside our specialist area.

I have found an excellent way to be able to keep up to speed with some of the current issues around sports medicine, diabetes, rehabilitation, general practice and Maori health has been in registering for the research summaries that are an excellent monthly review of the some of the relevant research from these different areas. You are able to log onto this at www.researchreview.co.nz.



Congratulations to Dr Chris Milne for his first research review in the Sports Medicine category.

Thanks to Asics and Smiths Sports Shoes Hamilton for their continued support of PodiEtry News.

Kind regards,

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