

PodiEtry News

Produced by Andrew Jones

Waikato Podiatry Clinic

December 2007 - Issue 1

In this issue...

Introducing the team at Waikato Podiatry

2007 Musculoskeletal Physicians Conference

Shoe v Shoe

PodiEtry News Partners



Greetings

Welcome to the first of the new format, Waikato PodiEtry newsletter.

We are very conscious at Waikato Podiatry of the support we receive from a wide group of health professionals and that we are not always able to reciprocate their support with patient referrals. Another way we can express our gratitude for their continuing and ongoing support is to keep them up to date with some current findings and literature that are valid to their practices and their patients. We also like to keep you up to date with the changes at Waikato Podiatry on a more personal note.

Please feel free to provide feedback on the articles included in this edition.

More information on these topics is available from Andrew.

Introducing the team at Waikato Podiatry



Andrew Jones - Principal Podiatrist

Musculoskeletal specialist podiatrist
- special interest area chronic heel pain

Megan Taylor

Megan has recently joined us and will be covering all aspects of Podiatry in our clinics. Megan will also be based at Rototuna Medical Centre where we have started a Northern Waikato Podiatry Clinic, one day a week.

Leigh Henry

Leigh is our part-time Podiatrist who focuses mainly on diabetic foot management.

Denise Johanson

Denise is our Practice Manager and clinic administrator. Denise has a good understanding of how things run in the medical field and has worked in several clinics in the Hamilton area previously.

2007 Musculoskeletal Physicians Conference

“Muscle in on the tendon”

Palmerston North - Keynote speakers Karim Khan, Jill Cook

The importance of exercise in promoting healthy tendons.

How do the heavy load eccentric exercises actually help heal tendons?

By Karim Khan

The importance of exercise in healing tendon injuries is that it stimulates the tendons through a number of mechanisms collectively known as “mechanotransduction”. (What a mouth-full!)

This term refers to a combination of the following:

- mechanical load - converted to biochemical signals;
- cell to cell communication - increased by physical stimulation;
- gene and protein synthesis - upregulation

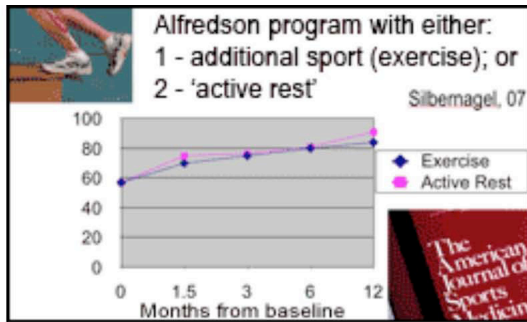


Cont....

Continued....

It can be seen from the research below that active rest or the additional sport or the maintenance of sport during treatment within specific parameters does not appear to be detrimental to tendon healing in the long term. The table illustrates the pain monitoring model which is used to graduate the activities during rehabilitation.

- Reference BJSM 2007



Practice Point

Pain monitoring model

- Major innovation in quantifying this concept
- Based on a 10 point VAS

0 5 10

- Allowed to reach 5 if certain criteria are met;
- Decrease at end of exercise, pain after exercise subsided by following morning, pain and stiffness not allowed to increase day to day (I) or week to week (V)

Shoe v Shoe

You may have seen an article in the Waikato Times recently. This article was initiated from a paper published in the British Journal of Sports Medicine - "Do you get value for money when you buy an expensive pair of running shoes?" - BJSM October 2007.

The researchers concluded from this study that there was no difference in the cushioning performance between the shoes tested regardless of price.

A limitation that I could see with this study, is that it is not comparing the right types of shoes, e.g. it was not comparing a poorly constructed running shoe that you would buy for \$15-\$20 at a non-specialist sports shoe shop with a better constructed higher end shoe. What it did was compare two shoes that are fairly similar in construction and makeup.

The so called low cost shoe they used converts to NZ \$135 and the high price shoe at NZ\$225. This assessment was based on 15 steps in total and we all know the difference between how a running shoe feels in the shop and how it performs when you start running in it.

What would have been very interesting and valid would be to review the person's opinion and cushioning properties on the shoes after running in them for 2-3 months.

I feel this study struggles to have validity in many respects, as we know the appropriate running shoe is not only about cushioning, it is also about durability and fitting the right shoe to the right foot type and gait style.

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

Kind regards,

Andrew Jones
Waikato Podiatry

Phone 07 838 0003 • Fax 07 838 0002
Email andrew@waikatopodiatry.co.nz
Website: www.waikatopodiatry.co.nz
10 Pembroke Street, Hamilton, New Zealand
Rototuna Shopping Centre, Rototuna, Hamilton