



PodiatryFirst  
SPORTS



JOGGERSV/ORLD™

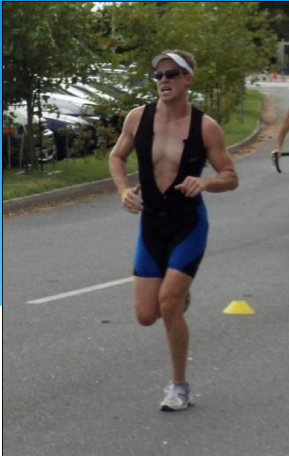
By Adam Wiles



GARMIN



# Who we are



- \* Podiatrists: Adam Wiles and Tom Baker
- \* Podiatry clinic located in city upstairs within Joggers World running shoe store
- \* Full range of podiatric treatment options
- \* Full biomechanical assessment and video gait analysis

# Contents

- \* My background
- \* What are your foot problems
- \* Common foot problems
- \* What I can do
- \* Shoe wear



# My background

- \* Bachelor of Health Science and Podiatry
- \* Worked TAS, NSW
- \* Specialise in Sports Medicine
- \* Runner/Cyclist



# Who has a foot problem?

- \* History
- \* Examination
- \* Treatments
- \* Exercises
- \* Stretching



# Common foot problems

Callus/Corns (hard skin)



Thickened/discoloured nails



# Common foot problems



# Common foot problems





# When do I need new shoes?

- \* Age
- \* Kms
- \* Compressed midsole (creasing)
- \* Worn outsole
- \* Do your feet/knees hurt during or post-session
- \* Shoe rotation?



# What you can do to help with your training

- \* 'Prevention is always better than cure'
- \* Shoes
- \* Socks
- \* Exercises
- \* Stretching



# Exercises you can do



# What I can do for you

- \* Treat your injuries
- \* Assess your biomechanics
- \* Implement prevention strategies
- \* Gait retraining
- \* Exercise plans
- \* Shoe fitting



# Questions?

- \* Call the clinic on (08) 8232 2268
- \* Email [reception@podiatryfirstsports.com.au](mailto:reception@podiatryfirstsports.com.au)
- \* Website [www.podiatryfirstsports.com.au](http://www.podiatryfirstsports.com.au)
- \* Facebook [www.facebook.com/PodiatryFirstSports](http://www.facebook.com/PodiatryFirstSports)



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