

SMI

NEWSLETTER

Issue 6 – June, 2022



What's been happening at SMI?

Winter has arrived and our natural inclination is to stay indoors and away from the cold.

It is during this time of year that is particularly important to keep up our normal exercise routines to keep us healthy and our immune systems strong.

Of course, colds and flu symptoms are a normal part of winter. To protect our staff during the cooler months, we ask that if you are suffering from cold or flu symptoms that you remember to perform a rapid antigen test to ensure that you are not COVID-19 positive before coming into the clinic. Masks are still required during consultations.

In this month's edition, we are focusing on exercise during pregnancy and orthotics.

Our new Podiatrist Karina Schuberg has started in clinic on Mondays and is available to help you with all your podiatry needs.

To book an appointment with any of our practitioners, CALL US on 9525 3444.



OUR NEW WEBSITE IS NOW LIVE. CLICK ON THE  AT THE END OF THE NEWSLETTER TO CHECK IT OUT



1-3/545-549 KINGSWAY, MIRANDA



02 9525 3444



EXERCISE AND PREGNANCY

BY THOMAS STRETTON (EXERCISE
PHYSIOLOGIST/PHYSIOTHERAPIST)

PREGNANCY

Physiotherapy and Exercise Physiology provide simple and effective ways of ensuring the most safe and comfortable pregnancy, through provision of:

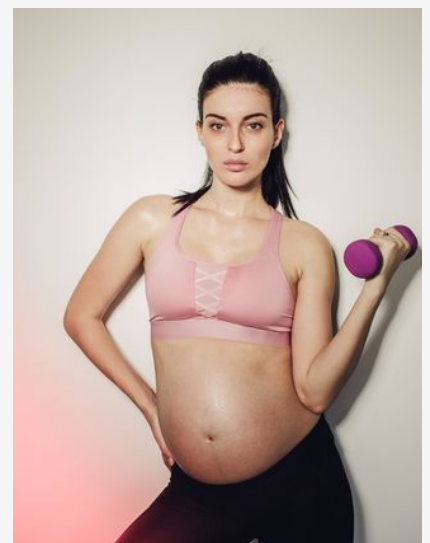
- Fitness maintenance
- Advice for pregnancy concerns
- Treatment/Prevention of back pain
- Incontinence avoidance through pelvic floor strengthening exercises

Massage Therapy is especially useful in easing discomfort during pregnancy, especially for pain in the back, shoulders, neck and abdominal muscles. Evidence suggests that pregnancy massage therapy is also effective in reducing stress hormones, relaxing muscles, increasing blood flow and improving the lymphatic system. From this, you will notice improvements in mood, anxiety and sleep.

Pre-natal Services

Although pregnancy is an exciting time, it may also be very uncomfortable due to increased stresses on the body. Physiotherapy during pregnancy aims to:

- Improve strength and endurance
- Train the body for the demands of labour
- Improve posture
- Assist with quick recovery after childbirth
- Improve circulation
- Assist with better sleep and reduced stress





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Exercise recommendations during pregnancy:

- Type of exercise: any activity requiring the recruitment of large muscle groups in a continuous rhythmic manner (eg. walking, jogging, swimming, cycling). Strength training with low weight resistance and high repetitions can be incorporated, however static holds or heavy resistance lifting is unsafe.
- During the first trimester, it is recommended that patients do NOT engage in any new physical activity that was not being performed pre-pregnancy.
- Avoid exercising on your back during the 2nd and 3rd trimesters, due to the potential for the baby to compress important vessels sending blood back to the heart.
- Pregnancy exercise classes are a great way to ensure you are completing the correct and most-safe exercise options specific to your individual needs.

Post-natal Services:

Exercise physiology provides guidance on how to effectively recover from childbirth, in addition to safely returning to normal exercise, or a moderate-high gym program post-natal. Exercise further aims to assist with post-natal recovery through:

- Strengthening abdominals and pelvic floor
- Improve energy levels
- Reduce incidence of common musculoskeletal injuries
- Improve body image and confidence
- Weight management
- Manage/prevent Post Natal Depression
- Improve upper body strength and posture for carrying, lifting and breast feeding





EXERCISE AND PREGANANCY

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PHYSIOLOGIST/PHYSIOTHERAPIST)

Exercise recommendations post pregnancy:

Begin with light intensity exercise (eg. walking) approximately 1 week after the baby is born. This should be completed 20-30minutes per day, on most days of the week. Post-pregnancy exercise classes are a great way to ensure you are completing the correct and most-safe exercise options specific to your individual needs. Exercise Physiologist advice must be adhered to, to decrease the risk of injury.

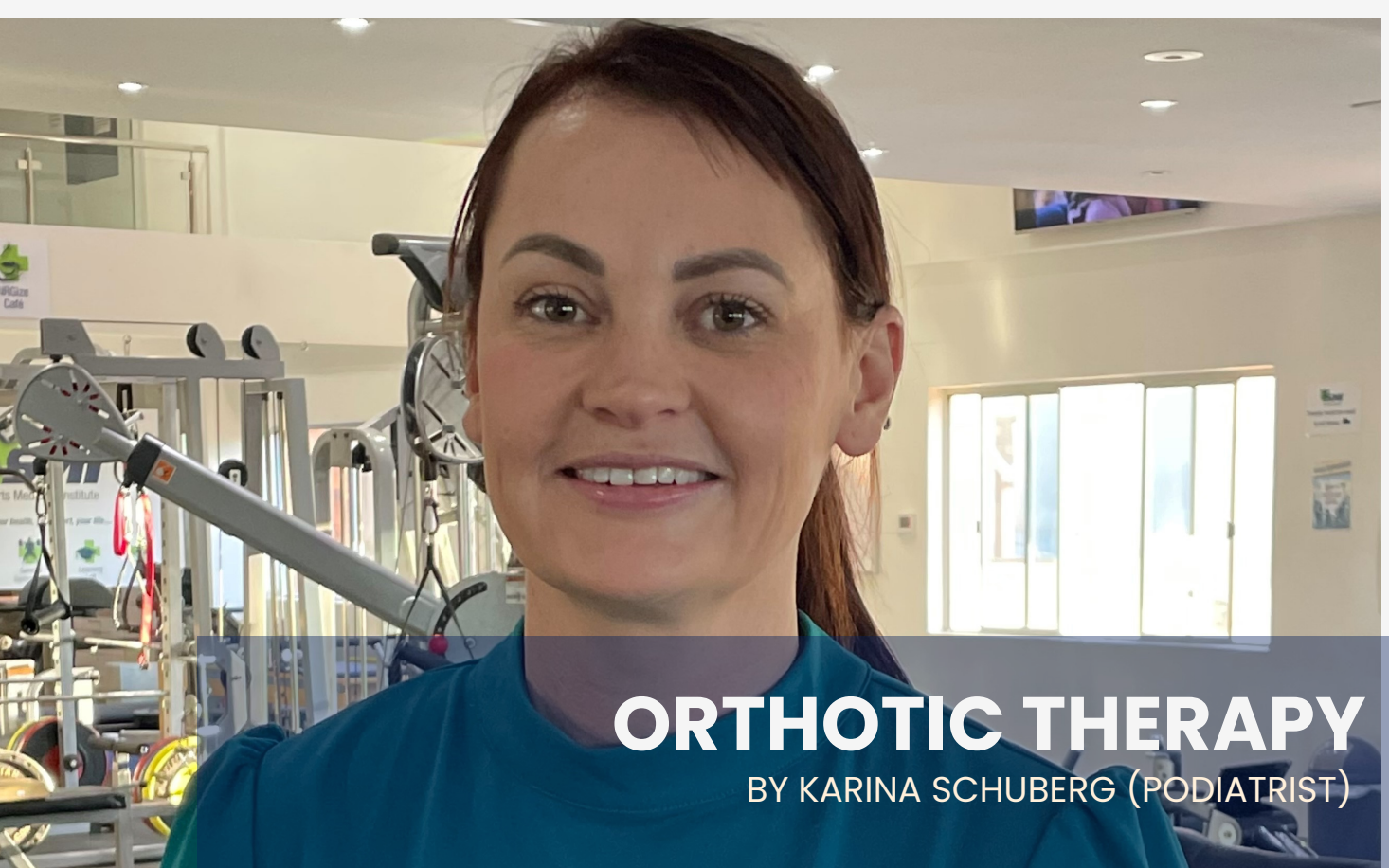
If you need help during or post pregnancy, CALL US on 9525 3444 to book an appointment with one of our physiotherapists or exercise physiologist today.



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ORTHOTIC THERAPY

BY KARINA SCHUBERG (PODIATRIST)

3D PRINTED CUSTOM ORTHOTIC THERAPY

Here at the Sport Medicine Institute Miranda our Podiatrist leads with technology by utilising the latest 3D printing technology to produce custom made orthotics. The use of The Footwork's podiatric laboratory in Melbourne, allows us to craft orthotics to a level not possible with traditional orthotic making techniques.

Our Podiatrist Karina will complete an initial assessment and treatment plan, arrange a full biomechanical assessment and prescribe your orthotic to your individual need. The prescription should always be designed by your Podiatrist, no other provider is able to offer this dedicated service.

Digital foot scanning

Karina uses the most advanced 3D scanning foot technology to create a digital model of your foot. This high accuracy foot capture technology allows for every contour of your foot to be replicated by the computer mode.

Computer and Podiatrist Design

Every foot scan is individually assessed by two highly experienced Podiatrists at the Footworks laboratory (Melbourne). This is the only orthotic laboratory in Australia that offers this service. They use world class engineering software to build the perfect orthotic according to your Podiatrist's prescription.



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ORTHOTIC THERAPY

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3D printed

Utilising the most advanced manufacturing process for customised orthotics. Each orthotic is individually manufactured to your requirements. 3D printing allows every contour of your foot to be individually replicated in your orthotic. In addition to this it allows for 95% less waste than traditional milling methods.

Results

The result of this specialised scanning and prescription process in combination with a laboratory at the forefront of orthotic technology is a thinner, more accurate and comfortable device for daily activity and longevity.

Types of orthotics-

Sports orthotics - eg. rugby, soccer, running, golf, netball, basketball devices. The 3D printed orthotic is individualised to activity, shoe fit and patient needs and pathology.

Everyday devices - designed for patient's gait to be worn most times throughout the day, for work shoes and durability. An orthotic should last from 3-5 years.

Dress devices - low profile for more footwear options. A 3D printed orthotic can be made more streamlined and shorter in length for better footwear fitting options.

Combination devices for a softer feel/fit - We can combine materials such as EVA, Poron and Nylon PA density to ensure greater comfort. There are also a range of coverings that the patient can choose from resulting in greater comfort.



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Post-surgical foot devices - if there have been changes in structure and function of the foot post surgery the orthotic is easily designed per foot for patient differences post-surgery and injury.

Children's devices - we can design or fit devices if required for children young as 3-4 years of age through to adolescence. Cost is often reduced given the fact that the patient will outgrow the device.

Frequently asked questions (FAQ's)

Are they hard? - Footworks laboratory were the first to adopt the premium material PA11 Nylon. The material is from 2.5 -3.5mm thick depending on body weight and activity. While the shell is firm it is thin and the accuracy of the 3D scan ensures tolerances in the shell of no more than one micron. This means fit to foot is customised to very last micron so the patient should not experience a hard sensation under foot. A soft covering is applied to the top to ensure patient comfort.

How long will they last? - 3D printed orthotics lasts 3-5 years approximately. They can be refurbished to last longer. We recommended annual checks ups on your devices. Our feet change over time so eventually if they have not fatigued, they may need replacement.

Do I have to wear them forever? - This is on advice from your Podiatrist. Some patients will wear them for shorter periods until pathology is resolved. Often there are preventative reasons the orthotic is prescribed. Delaying the force on the feet can delay degeneration on the structures of leg, knee, hips and feet in the long term, keeping you mobile and pain free.





ORTHOTIC THERAPY

BY KARINA SCHUBERG (PODIATRIST)

Are they expensive? - It is broken down so that the patient can claim as much rebate from their health fund as possible. The review consults at 2 and if needed 4 weeks are covered in the cost to ensure comfort and tolerance of the device.

Once the device is dispensed the value is that it is designed to last with minimal refurbishment costs over the next 5 years. Karina has worked with a multitude of Laboratories all over Australia and has found Footwork's orthotic laboratory to produce the highest standard in orthotic manufacturing and quality. They are worn by ALF football and national sports players.

Conditions they are used to treat

- Heel pain and plantar fasciopathy
- Osteoarthritis
- Achilles injuries
- Posterior Tibialis disfunction and tendinopathies
- Bunions and claw toes
- Neuroma and nerve entrapments
- Severs and Osgood schlatters
- Knee pain
- Ankle sprains/injuries
- Corns and callous
- Blisters
- Lower back pain
- Altered walking patterns
- Flat feet and high arches
- Abnormal shoe wear



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