

**TRIED &
TESTED**

Trend of the month...

SPORTS PODIATRY

'I'm overweight but I've finally made the decision to start a healthy new lifestyle. My doctor has advised me see to a podiatrist before I start exercising. I thought they were just for old ladies with bunions?'

Fi Phelps, SA

Getting prepared

Mostly foot mishaps are preventable but can result in stress fractures and a host of injuries to ankles, hips and lower back. Podiatrists do treat all foot issues (including common problems such as bunions and cracked heels) but a good sports podiatrist will also assess your foot strengths and weaknesses.

Why should I go?

The majority of us tend to roll our feet in unhealthy ways, or as the experts like


to call it, overpronate and supinate. And, unfortunately the more weight you're carrying means the more strain you're putting on your poor feet and more likely your chances of running into trouble.

How does it work?

It's completely painless and pretty interesting. First sports podiatrist Andrew Bull takes some measurements, then a test involves me walking on a running machine, my feet being filmed as he checks to see how I'm using my feet and where I'm putting my weight. Good news is not I'm bowlegged or knock-kneed but I do roll my feet inwards. This explains the knee pain I get and an orthopedic insole would have a good chance of clearing up the pain. Years of achy knees over? How exciting!

Where to find out more

Click on www.findapodiatrist.org
Consultations cost \$45-90. Andrew Bull



Get the best
foot advice
you can

specialises in sports podiatry and has worked with elite sportspeople such the Sydney Swans. Find him at Sydney Sportsmed Clinic, 02 9251 0822 or www.sydney sportsmed.com.au