

# N E W S L E T T E R

Monday 11<sup>th</sup> July 2015

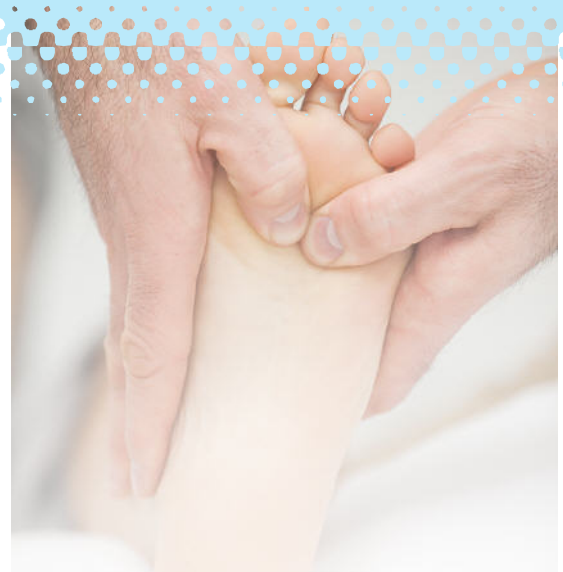
## BRISBANE FOOT CLINIC

### Browns Plains

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F: (07) 3800 7371  
65 Grand Plaza Drive,  
Browns Plains, Q 4118

### Park Ridge

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Park Ridge Family Practice,  
Park Ridge Shopping Centre, Mt  
Lindsay Highway,  
Park Ridge, Q, 4125



## WAYNE ROBINSON

Wayne is a senior podiatrist and director of Brisbane Foot Clinic. Wayne has extensive knowledge of all podiatric areas and specialises in lower limb biomechanics, diabetes and nail surgery whilst still enjoying general practice. He has over 12 years experience in podiatry after a career change from medical sciences. Wayne is both an Accredited Podiatrist and member of the Australian Podiatry Association. He is also a member of the Sports Medicine Australia and is involved in assisting podiatry students from QUT University in a supervisory capacity during their placement programs. Wayne has spent more than 10 years developing the practice in Browns Plains and Logan area into a well respected clinic and the first choice for most local GPs and other allied health practitioners. Wayne is married and has three great daughters. He is passionate about his work and injects this into the relationships and commitment he has with his patients. He loves his sport both watching and participating. Wayne has been surrounded by sport from a young age and surprisingly is still actively participating. Golf is his semi regular indulgence. He is still playing and coaching soccer in his old men's team at Sunnybank.

## REBECCA MEEHAN

Bec graduated from Queensland University of Technology in 2008 with a Bachelor of Health Science (Podiatry). Since then, she has worked around various parts of Brisbane and Central Queensland, gaining valuable experience in a range of clinical settings such as private practice and aged care. Her special interests are diabetic foot care and education, chronic and recurrent heel pain, ingrown toenails and paediatric sports injuries. When Bec isn't at work, she loves spending time with her husband, friends and family and following whatever sport is on TV at the time. She also looks forward to walking her pooches each day after work – Pug the Dachshund and Larry the Greyhound are always happy to see her come home after a long day of sleeping! Bec is also a wine enthusiast who enjoys travelling, especially to various wine regions in Australia whenever she gets the chance!

## HENRY WANG

Henry graduated from Queensland University of Technology with a Bachelor of Health Science (Podiatry) degree in 2015. Since his graduation, he has been working full time at the Brisbane Foot Clinic. He has special interests in diabetic foot care and education, as well as treating biomechanical conditions. Henry is a member of the Australian Podiatry Association and he is also fluent in Chinese.

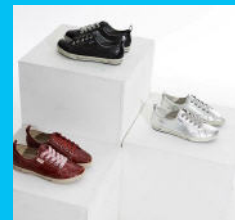
Henry is actively involved in the community volunteering, such as Homeless Connect and Indigenous Health Check Day, as he enjoys helping people who are in need. When Henry is off from work, he loves to spend time with his family and friends, and following TV shows. He also loves traveling around the world admiring the culture, history and scenery of different countries. He has already been to many countries, such as America, Canada, New Zealand and most Asian countries, and now he would like to visit Europe and Egypt once he has the chance.

## BRISBANE FOOT CLINIC NOW STOCKS SHOES!

Did you know that Brisbane Foot Clinic now stocks a great range of footwear? We are proud stockists of Revere, Dr Comfort and Frankie4 shoes. All of these brands are renowned as being premium brands with superior comfort and support. Pop in to our clinic to try a pair on today!



Dr Comfort thongs



Frankie 4 'Ellie'



Frankie 4 Boots



Revere 'Adelaide'

[Like us on Facebook for great hints and tips of how to keep your feet healthy!](#)

Brisbane Foot Clinic

# BRISBANE FOOT CLINIC

## FS6 SOCKS FOOT SLEEVE



**FS6**  
Compression Foot Sleeve



FS6 socks – Ideal for relieving pain associated with Plantar Fasciitis! Available in our clinic today!



### What is it?

Plantar fasciitis is inflammation of the plantar fascia which causes chronic pain in the heel. The plantar fascia is a thick, fibrous structure that runs from the big toe joint, right along the arch of the foot and inserts into the heel bone. Often the pain will be only be a short, sharp pain in the mornings, but overtime it can increase to the point where the heel and arch of the foot is painful all day.

### Why is my heel hurting now?

The plantar fascia acts like a shock absorber in our foot. Every step that we take it lowers down and then when we lift our foot it retracts back up, similar to a spring. Sometimes, it stops working efficiently and can start to pull at the heel. This can occur for a number of reasons, such as:

- Sudden increase in exercise
- Being overweight
- Poor footwear or regularly going barefoot

Also, it is important to note that women are much more likely to suffer from plantar fasciitis than men.

### Can it be fixed?

Most definitely! Although plantar fasciitis can be a long term chronic condition, the pain can be managed through various different treatments which your Podiatrist will advise you on. Some of these are:

- Stretching and strengthening regime
- Regular icing
- Improved footwear
- Compression therapy – such as FS6 socks
- Orthotics

[Like us on Facebook for great hints and tips of how to keep your feet healthy!](#)

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