



# Advance Physio Clinic

**Advance Physio Clinic**  
2 Trevino Way  
Cranbourne North  
Victoria 3977

**Ph: 03 5995 7060**



## Clinic Services:

- Neck and low back pain, neck, thoracic and lumbar disc bulges
- Sciatica
- Headaches/Migraines
- Clinical Pilates
- Rehabilitation after surgery, stroke and vehicle accidents
- Work injuries
- Sporting injuries

## Clinic Hours:

Monday to Friday: 9am-7pm  
Saturday: 9am - 12pm

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## The Importance of Correct Footwear in Athletes

The feet endure a large amount of pressure in daily activities which is why choosing the correct footwear for the sport/activity you undertake is very important. Unfortunately, 65% of recreational sportsmen and women wear the wrong shoes for their chosen sport. The right shoes can make a difference in your sports performance as well as how your body feels at the end of a game or exercise session. Appropriate shoes for your sports also play an important role in injury prevention. Ill-fitting shoes can lead to serious back, knee and hip pain, achilles tendonitis, shin splints (leg pain), traumatised toes and painful blisters just to name a few conditions.

The two common problems to mention with athletes are over pronation and over supination, which places increased amounts of stress through the lower body. An example of how you can identify this yourself is after having a shower, with your feet still wet, step onto a dry surface and have a look at your wet foot print. If your foot print does not have a C-curve on the inner aspect of the foot print you are likely to be a Pronator (flat foot), if you have a very prominent C-curve on the inner aspect of the foot print, you are likely to be a Supinator (high arch) and if it's somewhere in between you're likely to have a Neutral (normal foot). After trialling this test we recommend you contact one of our experienced physios to have an expert assessment performed on your feet.

There are several different categories of running shoes made by manufacturers to cater for varying different types of support. The correct type for you depends upon your preference of cushioning, history of injuries, foot type and training needs. Having your feet assessed during standing, walking and running by an experienced physiotherapist is the best way to determine your foot type.

If you are unsure if you are wearing the correct footwear for your type of foot, contact our clinic and one of our experienced physiotherapists will be able to determine appropriate measures to help a quick return to desired activities.

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## Stress Handling tips

### Tip # 2 - Take Your Breath Away

Breathing from your diaphragm oxygenates your blood, which helps you relax. To breathe deeply, inhale slowly through your nose and watch your hand move out as your belly expands. Hold the breath for a few seconds, then exhale slowly. Repeat.

### Did you know?

The average person falls asleep in 7 minutes



### Healthy Recipe idea

#### Ingredients

350 g lean minced beef,  
1 carrot, large, grated  
2 medium zucchini, grated  
3 slices wholemeal bread,  
made into crumbs  
2 tablespoons parsley,  
chopped  
1 teaspoon mixed dried  
herbs  
1 egg, beaten  
1 tablespoon olive oil  
1 onion, large, sliced  
6 hamburger buns  
2 tablespoons grainy  
mustard  
2 tomatoes, sliced  
6 small lettuce leaves  
6 slices canned beetroot

#### Beef Burger

1. Combine beef, carrot, zucchini, breadcrumbs, parsley, herbs and egg.
2. Form into 6 patties. Grill or barbecue, using moderate heat, for about 5 to 6 minutes on each side.
3. While burgers are cooking, heat oil and cook onion, stirring several times.
4. Split and toast buns. Spread top half of each with mustard.
5. Assemble burgers by placing a lettuce leaf on one half of each hamburger bun, adding a burger patty, onions, sliced tomatoes and beetroot.
6. Top with remaining half of bun.



*The dictionary is the only place where success comes before work. - Mark Twain*

