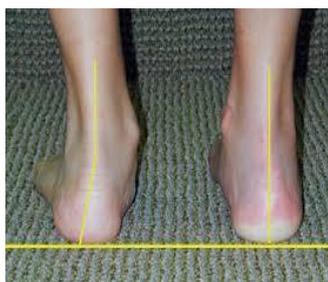




## August 2017 Newsletter



As podiatrists, we are asked on a daily basis about flat feet. Why do they occur, is it causing my pain, can/will it improve, what will happen if left untreated? All these questions are very valid and the answer is not always the same for each person, there are plenty of variables that need to be taken into account.

One of the leading causes of an adult onset flat foot is Posterior Tibialis Tendon Dysfunction (PTTD). This occurs when the posterior tibialis tendon becomes damaged and weakened, creating a flat foot. The Posterior Tibialis muscle lies on the back of the lower leg, deep to the calf muscles and the tendon for it runs down the inner side of the ankle and attaches under most of the little bones in the middle of the foot. It works really hard to hold up the arch and stop the foot from flattening and the ankle rolling in.



Injury to this tendon is not always from an acute traumatic experience like an ankle sprain or direct blow to the area. It is often a slow progression associated with a change in exercise, work activities, shoes, weight gain, etc.

When this tendon is injured, it is unable to adequately hold up the arch and keep the ankle straight. Often there is pain around the inside of the ankle or around the inner side of the heel. There are different stages in the progression of the injury with the end stage, if left untreated, being a fixed deformity with a rigid, flat foot.



Like all injuries, they are most successful when treatment is started early rather than late with best success being achieved with a firm orthotic in a supportive shoe. This is often accompanied by some specific exercises to help with the repair and strengthening of the tendon and muscle, icing when sore and relative rest from aggravating activities. Surgery is an option but rarely done before conservative treatments have been tried as it is a lengthy recovery time.

If you suspect you may be suffering from such an injury, get in to have it assessed with one of our experienced podiatrists ASAP to ensure it heals successfully.

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**Fun Foot Fact:** One of the functional tests done to check the extent of damage and weakness of the posterior Tibialis tendon is a single leg calf raise. This is performed by standing with the good foot off the ground and the injured foot flat on the ground then rising up onto the toes. It is not uncommon to find that the person is unable to even lift the heel off the ground, let alone the rest of the foot to get up onto the toes.



### Product of the Month: Visco Gel Ankle Skin

This lightweight, breathable ankle brace is great for managing pain both on the inside and outside of the ankle or for an unstable ankle for sporting activities. It is both a compression sleeve and also comes with an elastic support strap to do a figure 8 wrap. The unique Bio Skin material provides moisture wicking and heat transfer to provide maximum comfort.



### Recipe of the month: Dagwood Dog

With the Ekka just around the corner, what better way to get into the Show spirit than by making your own dagwood dogs!

#### Ingredients

- 2 ¼ cups self-raising flour
- 1 cup cornmeal (polenta)
- 1/2 cup sugar
- 1 tsp bicarbonate of soda
- 1 3/4 cups milk
- 2 egg yolks beaten
- 10 hot dogs halved
- Oil to deep fry



Step 1: Mix 2 cups flour, cornmeal, sugar, salt and bicarbonate of soda. Make a well in the centre and add the egg yolks then milk to form a smooth, thick batter.

Step 2: Fill a deep-fryer or large saucepan ⅓ full with oil and heat over medium heat to 180°C.

Step 3: Place remaining ¼ cup flour in a shallow bowl and, working with one hot dog at a time, dust in flour, shaking off the excess, then, holding one end of the hot dog with tongs, coat liberally in batter.

Step 4: Gently drop into oil and fry for 4 -5 minutes, turning halfway, or until crisp and golden. Drain on paper towel.

Step 5: Thread dagwood dogs onto skewers and serve immediately with tomato sauce and mustard.