

DECEMBER EDITION

Welcome to the December 2012 issue of News@Movehappy.

For more information and news, follow us at: www.facebook.com/movehappy

And be sure to look out for our new website: www.movehappy.com.au

Movehappy News



BIG NEWS: MOVEHAPPY KINGSTON

Emma is an RMIT graduate who has relocated to Canberra to study Physiotherapy. She will be working Part-Time at Movehappy Erindale and Deakin.

Ali is a Graduate from the British School of Osteopathy in London, who has relocated to Canberra with her family after working in her own practice in England for several years. We welcome Ali to Canberra and to the Movehappy Family.

Unfortunately, another of our Osteopaths, Maria Farrugia, will be leaving us to return to Melbourne for family reasons. We have negotiated that Maria return to Canberra two days per week to continue treating her current patients.

Movehappy would like to congratulate Cameron (physio) and his wife Sonia, who are expecting their second child next April. 2013 will be a busy year for

Cameron, who will also be commencing his Masters in Physiotherapy in January 2013.

Exercise of the month

Intrinsic Foot Exercises



Feet have muscles too!

Many of us neglect to think of our feet when it comes to strengthening. The foot has many muscles (around 19 or 20 with some individual variation) all of which are important to support your arch, and with that, control your whole leg alignment.

Strengthening the muscles that make up the arch of the foot can have significant benefits for those with any sort of foot pain, but particularly those with lax ligaments or flat feet.

To try this at home, take a jar of marbles and place them on the floor. Pick up the marbles (one at a time) with your toes, and then place them back into the jar. Start with five marbles, and do three sets. Do this consistently for one month and see if your feet thank you.

Staff profile: Will Maher



Will Maher. Or is it Rocky Balboa?

Our staff member profile for December is Will Maher. Will first started working for Movehappy as a receptionist in 2004, back in the days of Berg Physiotherapy, while still studying his Undergraduate degree in Sydney. He came on board as a therapist in 2008 after completing two years working for the Canberra Hospital

In 2011, as well as completing three semesters of coursework by distance, Will took three months out of clinical practice to travel to Perth to complete his Masters Degree in Manual Therapy. His hard work won him the class medal for the highest achiever.

Will has always been an outstanding member of the Movehappy team and has recently been rewarded by being given an Associateship. Will is now taking on a mentoring role within the business for more junior staff in addition to his clinical case load.

Will is currently the Physiotherapist for the Australian Schoolboys First XV, and father to Charlotte, aged 1.

Condition of the month

Bunions (HAV, Hallux Abducto Valgus)



A “bunion” is a deformity in which the big toe moves across the foot to cross over the lesser toes and produce a lump on the medial (inside) aspect of the foot

The condition is caused by a combination of genetics and external factors. Risk factors for the development of the condition can include having a parent with the deformity, the use of narrow or tight fitting footwear, poor gluteal strength, arch collapse, and weakness of the abductor hallucis, with over-activity of the adductor hallucis muscles.

Though the condition is painless in its early stages, it can become debilitating in its later stages. Like all conditions, prevention is better than cure. Look after your feet by preventing the excessive pronation which can result in the high forces on the medial aspect of your big toe!

Product of the month



Movehappy’s product of the month for November is the Orthoheel Thong.

Many patients present to Movehappy during the summer months complaining of foot or knee pain. Often this is due to poor footwear. They have spent the winter months wearing supportive shoes, perhaps with orthotics, and then switch to wearing thongs once the summer hits. Thongs offer no support to the pronated foot, and results in extra stress through the lower limb.

Orthoheel Thongs have a contoured supportive footbed. The arch support prevents collapsing of the longitudinal arch of the foot (which can often result in foot pain) and reduces tibial internal rotation, thus preventing a twisting force through the knee.

These thongs normally retail at \$50. For December, mention the newsletter to get 2 pair for \$90.

To opt out of this email newsletter, send an email with the subject
OPT OUT to mail@movehappy.com.au