

MARCH EDITION

Welcome to the March 2013 issue of News@Movehappy.

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

Movehappy News



MOVEHAPPY KINGSTON

The fitout for Movehappy Kingston, though taking longer than expected should take place by the end of this month.

The new practice will be located on the ground floor of the old Cusack Centre in Kingston, just around the corner from the Kingston Grind cafe. There will be parking available across the road.

We will be moving with Crossfit 2600, and will now have more space, taking the Inner south location to the same size as the current Erindale Practice.

Please ensure that your mobile phone numbers are up to date with reception so that we can ensure that you get an SMS reminder when the location changes over. At this point in time we are hoping to have the practice operational on the first trading day after

Easter:

The move to a bigger space is going to great for both the Crossfit gym and Movehappy who have definately outgrown our space in Deakin. And the fact that is in the coffee heartland doesn't hurt either!

Staff profile: Will Maher



Will Maher. Or is it Rocky Balboa?

Our staff member profile for March 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.

Exercise of the month

Intrinsic Foot Exercises



Feet have muscles too!

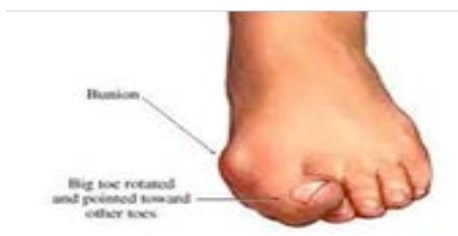
Many of us neglect to think of our feet when it comes to strengthening. The foot has many muscles (around 19 or 20 with some individual variation) all of which are important to support your arch, and with that, control your whole leg alignment.

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.

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 March is the Orthoheel Thong.

Many patients presented to Movehappy during the summer months complaining of foot or knee pain. Often this was due to poor footwear. They spent the winter months wearing supportive shoes, perhaps with orthotics, and then switched to wearing thongs during summer. 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.

So do yourself a favour and buy you and a family member some orthoheel thongs to prevent this from happening to you next summer!

These thongs normally retail at \$50. For March, mention the newsletter to get 2 pair for \$80.

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