



BACK CARE & SPORTS THERAPY

Muscular, Joint, Soft Tissue, Assessment & Treatment Centre

Massage & Sports Therapy
Chiropractic & Osteopathy
Manipulative & Sports Physiotherapy
Active Pain Management / Self Help

Exercise, Therapy / Gym Programs
Ultrasound, Laser & Acupuncture
Post-sprain Rehabilitation
Post-fracture / Surgical Rehabilitation

Appropriate Summer Footwear

With the warmer weather of summer fast approaching I have noticed many of our patients starting to wear their favorite thongs or 'flip-flops'. Whilst this is an obvious choice in the hot weather this type of footwear can be responsible for a number of problems, and as a result over the summer months every year our practitioners see an increase in conditions such as plantar fasciitis, Achilles tendonitis and even knee and low back pain. In response to this I have been doing some research and am happy to announce that here at the clinic we now stock a range of Vasyli Orthaheel thongs, which are specially designed to prevent these common problems.



Features:

- ❖ Clinically proven to reduce excess pronation
- ❖ Convenient, pain-free "natural healing" solution to many of the aches and pains associated with poor lower limb alignment

- ❖ Orthaheel technology is clinically proven to reduce excess pronation, a contributing factor to "flat feet"
- ❖ Podiatrist-designed, biomechanical Tri-planar Motion Control Footbed with a deep heel cup helps stabilize, support and realign the feet back to their natural position
- ❖ Lightweight, flexible medium-density EVA midsole absorbs shock, reducing stress on feet, ankles and knees
- ❖ Soft woven toe post and foam lined strap ensure a comfortable fit
- ❖ Unisex, whole sizes; fits medium widths
- ❖ Materials: mesh webbing upper, neoprene upper liner, EVA footbed, rubber outsole
- ❖ Complementary orthotic treatment

So feel free to enjoy wearing thongs in the hot weather this Summer, but do so safely and in comfort with a pair of our Orthaheel thongs. They make a great Christmas gift too!! Don't hesitate to give us a call on 9560 9393 for more information, or drop into the clinic and try on a pair.

Yours in good health,
Rick Southen (Physiotherapist)

*Additional Paramedical Services: Dietitian / Nutritionist,
Podiatry & Foot Care, Hypnosis, Relaxation Massage*

The Glen Back Care & Sports Therapy

294 Springvale Road, Glen Waverley VIC 3150

Phone: 03 9560 9393 8am-9pm Fax: 03 9574 8011

Website: www.backcare-sports.com.au



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