

PHYSIO4ALL


Revitalise - Bounce - Be Healthy

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FIT FEET FOR SUMMER!Do you like this topic? Tell us on Facebook! **Vasyli medical sandal**

Keep your '**Feet Fit**' this Summer by purchasing PHYSIO4ALL's highly recommended new range of Vasyli orthopaedic sandals, innovatively designed to restore the foot in its correct biomechanical position. The Vasyli sandal contains an embedded arch support offering the foot improved dynamic control and shock absorption for a more efficient gait thus reducing stress in the lower limbs and spine. If you wear orthotics and are concerned about wearing closed shoes throughout a hot summer's day, don't despair, the Vasyli sandal will allow you to experience optimal support and comfort in an open shoe format.

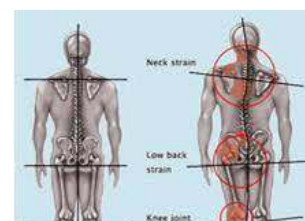
Don't miss the opportunity to give your feet the best support by visiting the practice this month and receive a **VIP PHYSIO4ALL client discount**. Just download this voucher to get yourself a SUPER summer discount!

[Download your voucher NOW!](#)**What are Low/Collapsed arches?**

Estimates show that 70% of the population has low arches. Excessive pronation occurs in the late stages of gait thus impeding our natural walking mechanics, causing soft tissue wear and tear in the foot and lower limb. This can contribute to the conditions outlined below:

Associated ankle, knee, hip and lower back pain

Consider your feet as the foundation of your body, thus over pronation causes the foot to collapse during movement at



the ankle, causing increased pressure along the inner portion of the foot which travels up the limb and into your knee, hip, lower back and neck.



Achilles' tendonitis

Excessive pronation can place an increased strain on the Achilles tendon. As the arches collapse and the foot rolls in, the lower leg also rotates inwards placing torsional stresses on the tendon. This increased stress on the tendon can lead to inflammation and degeneration of the Achilles tendon, known as

Achilles tendonitis.

Bunions

Excessive pronation and/or flattening of the foot will lead to instability of the big toe. This causes the first toe to move toward the 2nd toe and protrude from the side of the foot. Over time with the repetitive flattening of the foot, the big toe assumes this position permanently, creating a bony growth on the outside of the big toe, known as a bunion.



Improving foot mechanics will assist in correct weight redistribution away from the bunion, improving symptoms.



Plantar Fasciitis

The plantar fascia is a broad band of fibrous tissue which runs along the bottom surface of the foot, attaching at the bottom of the heel bone and extending to the forefoot. When the plantar fascia is excessively stretched from over-pronation, inflammation of the plantar fascia may develop. This can also lead to heel pain, arch pain, and heel spurs.

What to do...

If you suffer from any of the above conditions and require effective arch support or just need a super comfortable sandal for summer, just visit the practice and we can fit you with the new Vasyli Sandal on the spot!



Weekend Boxtherapy Class...starting soon!

Look out for our new Outdoor Weekend
Summer Exercise classes delivering our
popular **Boxtherapy program** starting

on the **9th of October, 2010**. This
program is covered by all major health funds! To register or for
more information, just click on the following link!



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