



NEWS

» Welcome

Wow! Already we are 4 months into the year and Easter is fast approaching, before we know it the Rugby World Cup will be here and every NZ'er will be glued to the TV! A big welcome to our online readers to Bigfoot news. We trust it will provide valuable information on the latest developments in podiatry. For the online newsletter sign up through our website—www.bigfootpodiatry.co.nz and go in the monthly draw for a pair of Asics running shoes! Bigfoot has reached the age of social media and have launched the Bigfoot Facebook page so feel free to 'Friend' us, we won't bite. Facebook will provide regular updates on what the Bigfoot team are doing. So what have we been doing?



Bigfoot are sponsoring the **Panmure King of the Mountain kids minimarathon (2.8km)** held on the 22nd May. The event is a great family day involving events for all ages - 21km, 11km and 5km, the kids minimarathon and a wheelbarrow race! The event began in 1957 making it the oldest distance event in Auckland. It will be great to see clients, friends, family, and colleagues, so if you are there on the day, come say hi. For registrations goto www.kingofthemountain.co.nz.

The **NZ Under 20** football team are embarking on a campaign to qualify for the World Cup in Columbia 2011. Bigfoot have provided podiatry care to NZ football at all levels and will be screening the elite juniors to ensure injuries are minimised. Keep an eye on the website and facebook page for interviews and write ups on there campaign.

Next month Bigfoot will attend Angela Evans weekend on managing lower limb disorders in children. Angela has international recognition for her research in the management of the flatfoot in children. Restricted to only 20 participants Bigfoot will learn the latest techniques and research in childrens lower limb disorders and flat feet.

Bigfoot Podiatrist Rachael Harper is launching the first series of podiatry talks to Eastern based physiotherapists in April. This is an up to date series covering The myths and truths around published barefoot running research. The role of barefoot or minimalist shoes for an athlete. Footy boots – which models to choose for hamstring, calf and Achilles tendon injury. Bigfoot provide regular seminars during the year. Please e-mail sales@bigfootpodiatry.co.nz to register your interest in future ongoing education events .

On the diabetic front, Bigfoot are assessing the benefits of a shoe in reducing pressure over the ball of the foot. Using AUT's in-shoe pressure equipment this will provide valuable information to help prescribe the best shoe in High Risk diabetics.

Bigfoot clients in the news... We wish Bigfoot clients Kirk Penney and Thomas Abercrombie all the best as they take on our Aussie rivals for the NBL championship! Go the Breakers! Congratulations to Cameron Brown on his 10th NZ ironman and Terenzo Bozzone, 2nd. An amazing achievement by both these fantastic athletes and people. Debbie Tanner, ITU triathlete embarks on her quest for London qualification—Go Deb! Sarah Cowley (hepathlete) on her recent form at the NZ/Australian Nationals with personal bests and 3 new national titles, and this was after ankle surgery! We wish you well on the European circuit Sarah! Nikki Hamblin double silver medallist at the Commonwealth Games for her first place at the National Track and Fields in the 1500m—bring on London Nikki!

That's it from us. The team wish you all a great Easter and take care on the roads.

From the Bigfoot Team



» ISSUE 27 April 2011

THIS ISSUE

Welcome

Plantar Heel Pain
Orthose Update

Shoe Review:
Asics Supa Netball Shoe

CLINICS

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>> **Plantar Heel Pain**

Plantar heel pain is one of the most common injuries in the foot. Simon Bartold, an international researcher recently presented an enlightening talk on the latest causes, treatments and risk factors associated with chronic heel pain. He dispelled a lot of old thoughts and detailed a new direction to improve heel pain. The key points from the presentation were (1) a heel spur should be taken more seriously than previously considered. The enthesis (attachment/heel spur) is the key area for plantar heel pain (2) tensile (stretch) load of the plantar fascia is not the main cause for heel pain. **Shear and compression** are important variables that need to be considered when preventing and healing plantar heel pain. (3) Ground reaction and the effects of this on the enthesis (attachment point) are telling us where forces are occurring. **How we manage shear and compression will impact our results** (4) Anatomically, we thought the plantar fascia attaches into the calves via the Achilles. Cadaveric specimens show this only to be present in 6% of the cases. From this information, plantar fascial stretching is showing better results than calf stretching and night splinting can have better short term results (5) **Night splints, orthotics, dry needling and plantar fascial stretching** provide the best treatments when reviewing the research.

Bigfoot were pleased with Simons comments and have been changing their management over the past 8 months to coincide with the new research. We have been using a new orthotic management, different shoe prescribing procedures, night splints and plantar fascial stretching to improve pain. Plantar heel pain continues to be a difficult injury to manage but with this new research we maybe able to improve outcomes clinically.

Bigfoot have the night splint (strassburg sock) available for clinicians who wish to order these at a wholesale rate. Please call 09 481 0680 for more information.

>> **Orthose Update**

In the October 2010 edition Bigfoot developed a basketball specific orthotic for the NZ Breakers. This has been working well on key players and we said we would report how it went with an elite netballer. We have completed final testing on a ANZ netball player and the feedback has been positive. We can safely say it came through with flying colours - durability, comfort and improvement to her plantar fascia! We are confident this

orthotic is superior to any other for court sports. With the hockey season about to start we will look to modify the insole and trial this on an elite hockey player in the coming months. We are continually updating the way we manage clients and have realised at the elite level, specific orthotics are required to manage the different compressive loads, twists and shear of each sport. Keep an eye out for the results in the next newsletter!

>> **Asics Super Netball**

Bigfoot Podiatrist Monique Ujdur talks on the new Asics netball shoe to hit the stores. This new addition to Asics Netburner range is designed specifically to suit Australasian court surfaces and style of play. The shape of this shoe is unique in that the toe is elevated off the ground giving a 'toe spring' effect. This feature is apparent on Asics running shoes and helps the foot gain momentum toward propulsive gait.

The outsole is constructed of Ahar rubber and gives shear resistant properties that withstand both indoor and hardcourt surfaces. The flexible space trusstic allows the foot to elongate in the arch without restriction during midstance gait. This external plastic skeleton is separated from the midsole by an approximate 8mm gap of air. As the arch drops, it deforms the midsole toward the trusstic barrier. A woman's arch drops more during peak oestrogen release in the menstrual cycle and the trusstic system allows the midsole to deform in greater amounts as required. The Solyte midsole has a dual density component in the midfoot region to enhance torsional stability.

Asics have added an Assymetrical Lacing thread pattern which traces the line of the foot's 1st ray. With the laces being placed off-centre there is reduced shearing stress on top of the forefoot and the 1st ray is able to plantarflex without restriction. Hidden under the sockliner is a soft EVA last material. This gives the wearer a feeling of instant comfort and reduces the need to 'break in' the shoe. The heel clutch addition is an initiative that hugs the heel completely and reduces the common complaint of heel slippage and blisters. The lower plastic heel counter now sits externally on the shoe. The inner PHF based heel liner completely surrounds the medial and lateral heel and has a connection to the shoe lacing region. When the shoe is laced, it now tightens around the heel, giving a much improved rearfoot fit.



In private practice I'd suggest this shoe to players who are prone to common injury complaints (patella—knee, shin, calf, Achilles tendon). These injuries are relative to delayed resupination of the foot at heel lift phase of gait. The trusstic and dual density midsole aims to encourage resupination movement patterns. The heel clutch system would be particularly suited to players that have a bony protrusion over their heel bone (Haglund bump).

Footnote:

Because this shoe is designed for the running based player, retailers may want to test the performance of this shoe using a similar technique to that used when assessing a runner. Focus particularly at timing of resupination at heel lift gait. The foot should not continue to pronate here. Equally the player needs to try running in the shoe at sprint pace, adding directional changes. The wearer should be able to report nil heel slippage, instant underfoot comfort from the low density last material and no dorsal forefoot pain from irritational lacing.