



Dr Chris Milne

Sports Physician
Hamilton

Do It Yourself Podiatry - Concurrent Workshop

Saturday, 17 August 2013

Start 4:30pm

Duration: 60mins

Plenary



South GP CME 2013

General Practice Conference & Medical Exhibition

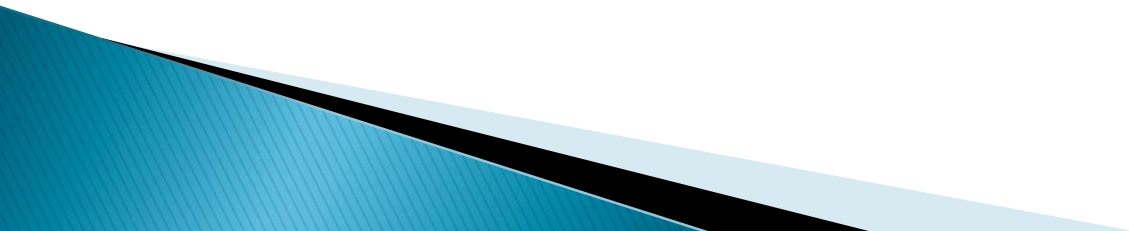
15-18 August | Edgar Centre | Dunedin

Do it yourself podiatry

Dr Chris Milne
Sports Physician
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Opening quote

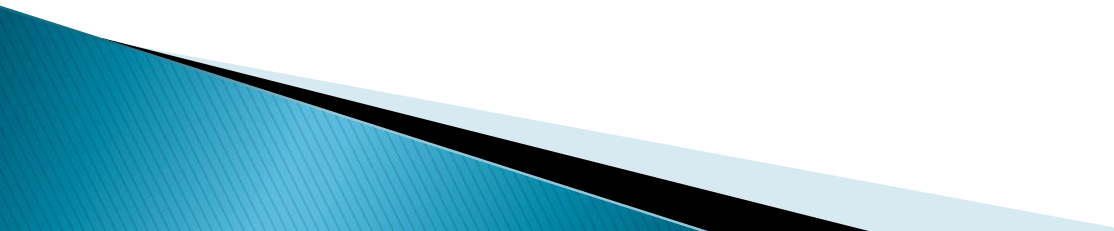
- ▶ There are few foot problems that can't be helped with use of a little orthopaedic felt



Feet matter



Use of felt– both diagnostic and therapeutic

- ▶ Relies on the fact that most foot pain is mechanical
 - ▶ Mechanical pain demands a mechanical solution
 - ▶ For many shoes [especially women's shoes] fashion rather than comfort dictates their shape
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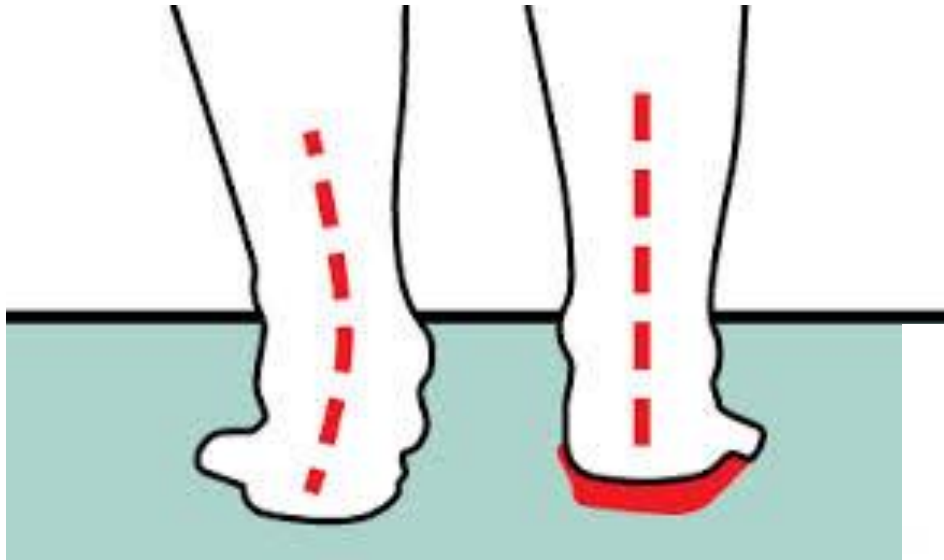
The huge array of inserts– where to start?



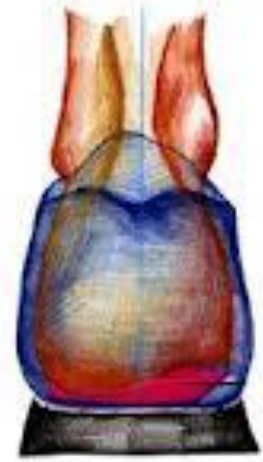
Common problems that you can help with

- ▶ Flat foot– medial wedge, back half of shoe
- ▶ Medial shin pain/ periostitis– medial wedge, back half of shoe
- ▶ High arched feet– medial arch supports

Over-pronating feet: The podiatrist's equivalent of a sore throat



Without Orthotic



With Orthotic

That's all folks!

