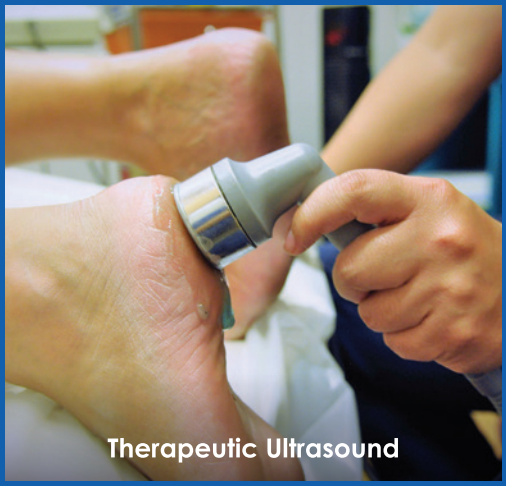
Delivering
Excellent
Podiatry Services
through Passion
& Innovation

Comfort Feet®
Podiatry Group

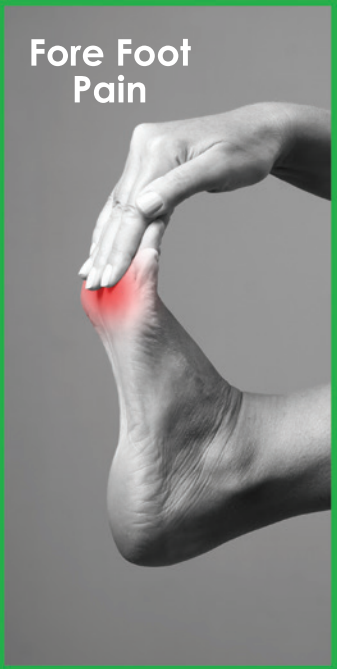

Shock Wave Therapy


Therapeutic Ultrasound


Sports Massage


Custom Orthotics


Ankle Pain


Fore Foot
Pain


Calf
Pain


Heel Pain


Knee Pain

Comfort Feet Podiatry

Comfort Feet Podiatry Group is a well established award-winning Podiatry group with a strong focus on holistic patient management. Our treatment philosophy is centred on the improvement of our patients pain, mobility and activity.

This Philosophy is delivered through our Active for Life® program that promises effective treatment plans to improve pain and prolong activity for all patients.

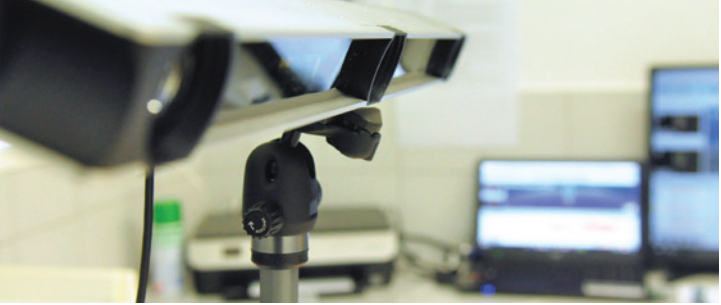
As the first private clinic group to implement 3D Biomechanics as a core diagnostic tool, we excel in biomechanical assessments for all ages. This allows for the effective analysis and patient ongoing management.

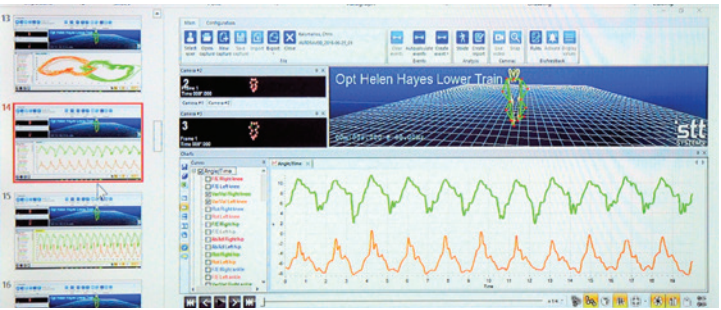
BEA BUSINESS EXCELLENCE AWARDS MANNINGHAM
BUSINESS EXCELLENCE 2018

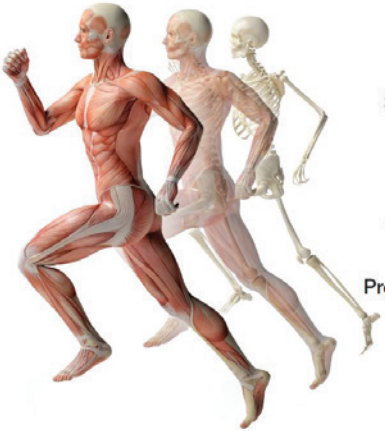
Our Special Services Include:

All general lower limb ailments including acute sports injuries, Childrens' Podiatry, General Treatments for Hip, Knee, Ankle/Foot, Custom Orthotics.

The following pages highlight the core mechanics of exercise, stretching and strengthening, that combined with your specific treatment plan outline by your podiatrist will ensure you can lead an active lifestyle.







ComfiTech®

3D Biomechanics Analysis

Helen Hayes Protocol
Real Time Motion Capture
Accurate Stride / Body Analysis
Improved Performance
Prevention & Management of Injuries

ComfiTech® 3D Biomechanics

ComfiTech® 3D Biomechanics (Powered by STT Systems) is a portable optical motion capture system, designed to study specific parts of the human body (shoulder, knee, spine, etc). It is the 1st 3D motion capture system in Australia that allows our team of podiatrists to accurately diagnose, prescribe orthotics and correct abnormalities to the best possible desired posture.

ComfiTech® 3D Biomechanics is a compact system, but with a special set of advantages:

- High degree of precision and reliability.
- Real-time 3D visualization to enhance patients' understanding of their gait condition.

A detailed report can be generated automatically right after the data acquisition. Based on the report, your Podiatrist will be able to provide you with an accurate treatment plan eg orthotic therapy.

The system comprises two high-resolution, high-speed digital cameras with built-in infrared LED lighting. The system operates with reflective markers as well as active LED markers. It is a valuable human motion analysis tool which may be applied in a wide variety of areas relating to medicine and ergonomics.

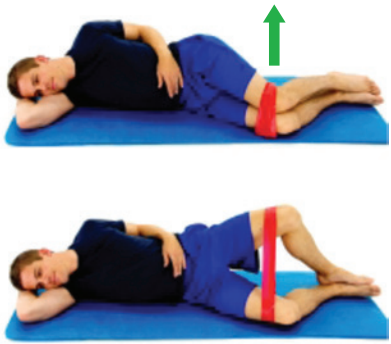
This high tech biomechanics system was previously only made available to elite athletes and sportsmen. Comfort Feet Podiatry Group is now able to extend that privilege to all its patients at an affordable price.

Exercise 1
Box/Chair Squats

With hands out in front of you and feet shoulder wide apart or slightly wider, bend forwards at the hips, like you are going to sit back on a chair (get your hips as far away from your ankles as you can) and then return to standing.

Use the box or chair below as a target to hit as you pivot from the hips.

Keep your back straight and core activated during the motion and keep your knees behind your toes.



Exercise 2
Elastic Band – Sidelying Clam

While lying on your side with your knees bent at 90 degrees and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

Do not let your pelvis roll back during the lifting movement.

Exercise 3
Hip Abduction – Sidelying

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

The bottom leg can be bent to stabilize your body.

Exercise 4 – Bridging

While lying on your back with shoulder wide apart, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Add resistance band around knees for the advanced.

Exercise 5 – Glute Stretch

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Exercise 6 – Itb Band Stretch

In a standing position, cross the affected leg behind your unaffected leg.

Next, lean forward and towards the unaffected side.

Exercise 7
Hamstring Stretch – Sitting

While sitting with your leg stretched out, reach forward with your hands towards touching your toes.

Exercise 8
Hip Flexor Stretch – Kneeling

While kneeling on a soft surface, lean forward and bend your front knee until a stretch is felt along the front of the other hip.

Exercise 9
Quad Stretch – Standing

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position.

Exercise 10
Foam Roll – Glute

Start by sitting on a foam roll and cross your affected leg on top of your other knee as shown. Lean slightly towards your affected side.

Next, using your arms and unaffected leg, roll forward and back across your buttock area.

Exercise 11
Foam Roll – ITB

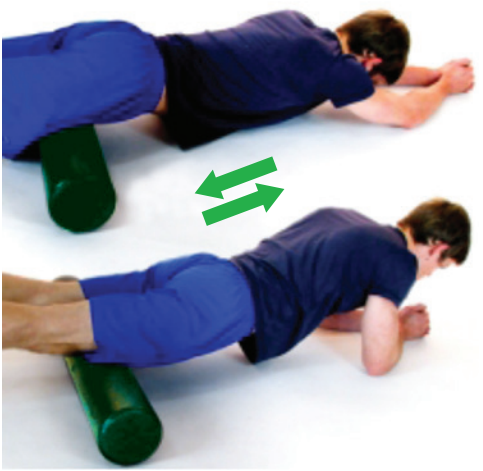
Position the body on the foam roll as shown. Lift the bottom leg off the floor. Roll the body over the roll just below the hip down the lateral thigh to the knee.

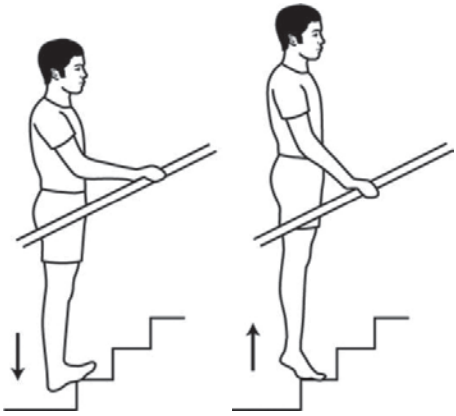
Available for sale at all Comfort Feet Podiatry Clinics

Exercise 12
Foam Roll – Quadriceps

Start by lying face down so that a foam roll is under the top of your thighs.

Next, using your arms propped on your elbows, roll forward and back across this area.





Exercise 13
Calf Raises on Step

While holding a wall for balance. stand with only the front half of both feet on a stair ledge and lock your knees in a straight position.

Slowly raise up onto toes, hold 1-2 seconds, then return to starting position slowly and hold for 1-2 seconds.

Exercise 14
Eccentric Calf Raises

(1) Start by standing on a step with your heels below the level of the step

(2) Raise up on your toes, lifting your heels up

(3) Next, bend the non-target leg.

(4) lower your heel back down.

If instructed, this exercise can be done with a weighted backpack over shoulders

Exercise 15
Toe Raises – Standing

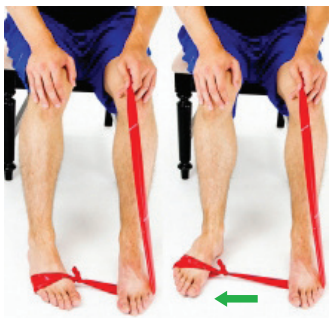
In a standing position with your feet on the ground, raise up your forefoot and toes as you bend at your ankle upwards. Hold for 1 second then return to the starting position

Exercise 16
Elastic Band Eversion – Self fixed

Using an elastic band attached to your foot, hook it under your opposite foot and up to your hand.

Next, draw the band outwards to the side.

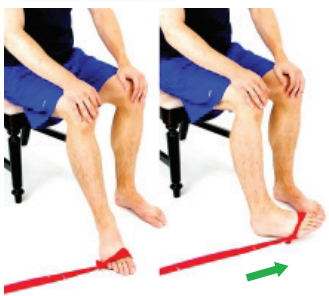
Be sure to keep your heel in contact with the floor the entire time.



Exercise 17
Elastic Band Inversion

While seated, use an elastic band attached to a fixed object and draw your foot inward against the resistance.

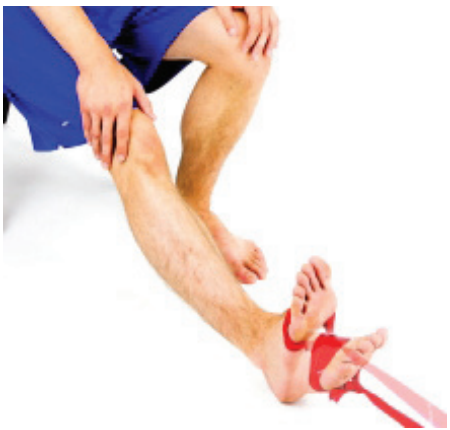
Be sure to keep your heel in contact with the floor the entire time.



Exercise 18
Elastic Band Dorsiflexion

While seated, use an elastic band attached to a fixed object and draw your foot upward against the resistance.

Be sure to keep your heel in contact with the floor the entire time.



Available for sale at all Comfort Feet Podiatry Clinics

Exercise 19
Foam Roll – Calves

Start by sitting with the foam roll under your affected calf and cross your other leg on top.

Next, lift your body up with your arms and roll forward and back across your calf area.

Exercise 20
Standing Calf Stretch – Gastroc

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Exercise 21
Standing Calf Stretch – Soleus

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

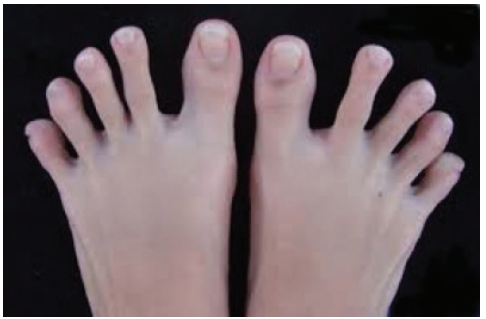
foor masage
roller & ball

Exercise 22
Plantar Fascia Rolling & Trigger Point Massage

Remove shoes for exercise

(1) Place foot roller under the bottom (plantar) surface of foot, perpendicular to the length of your foot.

(2) Roll foot over roller slowly and as deep as you can at tolerable levels of tension or pain.



Exercise 23
Toe Spreading

1) Assume either a standing or sitting position where you are bearing weight on your feet.

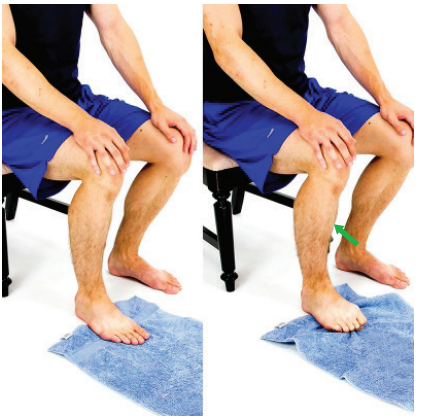
2) Actively try to spread/splay your toes apart.

*this is easier to do if you can actually see your toes.

Exercise 24 – Towel Curls

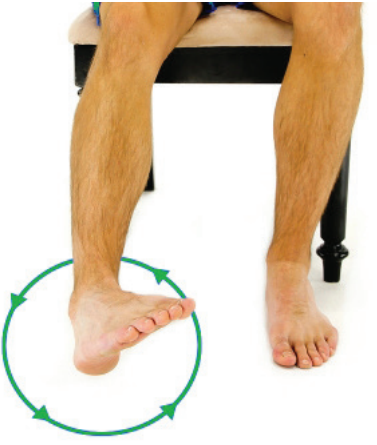
While seated, use a towel and draw it back towards you using your toes. Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time.



Exercise 25 – Ankle Circles

Move your ankle in a circular pattern one direction for several repetitions and then reverse the direction.



Exercise 26 – Forward Lunge

Start with both hands in front. Step forward with one leg and proceed into a bent knee position as shown in picture. Return to original position and repeat. Keep spine in neutral position throughout movement.

*A cushion may be added under the back knee for comfort

Exercise 27 – Single Leg Dead Lift

Stand and balance on one leg.

Next, lean forward towards touching the floor as you extend and lift your leg behind your body. Return to starting original position and repeat. Keep spine in neutral position throughout movement.

Exercise 28 – Single Leg Balancing

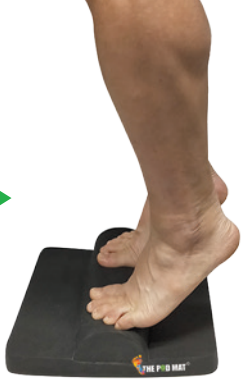
Stand on one leg and maintain your balance.

This exercise may be made more difficult by closing eyes or standing on a pillow or folded towel.

Available for sale at all Comfort Feet Podiatry Clinics

Calf Stretch

Place the ball of your foot on the Pod Mat©, and with the other foot step forward over the Pod Mat© as shown in the picture. When targeting the gastrocnemius muscle, keep the knee of the foot on the Pod Mat© straight, and bend the knee when targeting the soleus muscle. For both hold for 30 seconds each leg.



Calf Raises

Place the ball of both your feet as shown on the Pod Mat©, and proceed to rise up slowly, hold at the top, and then slowly come down.

Plantar Fascia Loading

Place your big toe on the Pod Mat© as shown to stretch the plantar fascia. To increase progressive load, rise up slowly while using your other foot as support, and hold at the top, then slowly come down.

Extensor Stretch

Place the foot as shown, gently stretch and hold each side for 30 seconds.

Peroneal stretch

Place the foot as shown, gently stretch and hold each side for 30 seconds.

Exercises using The Pod Mat©

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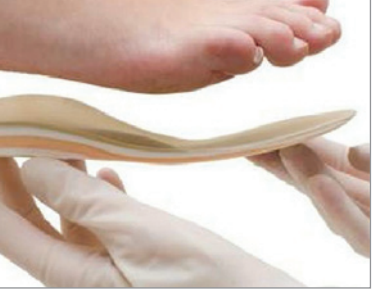
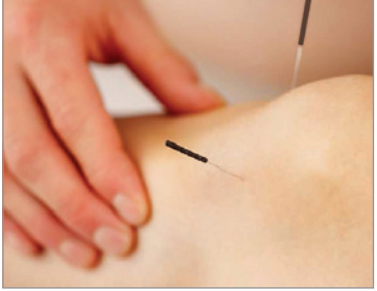
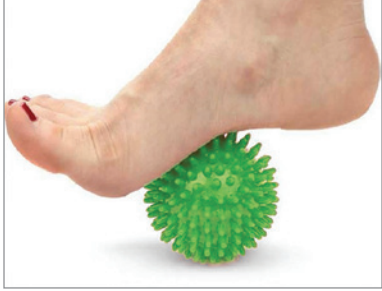
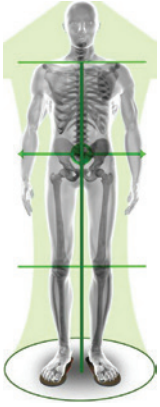








The Active For Life Philosophy

Comfort Feet Podiatry has a core process to understand patients' lower limb issues, diagnose and verify various conditions, develop and customize holistic treatment plans to ensure pain and immobility will no longer be a hassle or restriction in the patients' life. This eventually leads to a healthier life.

activeforlife®

Therapy & Treatment

- Soft tissue treatment, massage, dry needling, ultrasound, muscle relief
- Increase mobility, orthotic therapy
- Posture realignment, exercise protocol
- Improvement of circulation

Stretching & Mobility

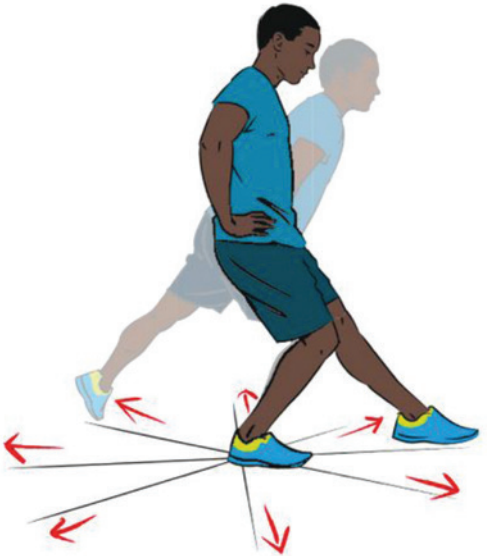
- Improve range of motion/ mobility
- Minimise soft tissue
- Reduce pain, prolong activity

Strengthening & Physical Management

- Increase stability and posture
- Improve balance
- Improve performance
- Enhance mobility

Star Excursion Balance Test

The Star Excursion Balance Test (SEBT) is a dynamic test that requires strength, flexibility, and proprioception. It is a measure of dynamic balance that provides a significant challenge to athletes and physically active individuc The test can be used to assess physical performance, but can also be used to screen deficits in dynamic postural control due to musculoskeletal injuries (e.g. chronic ankle instability), to identify athletes at greater risk for lower extremity injury, as well as during the rehabilitation of orthopedic injuries in healthy active adults.



The SEBT can also be used to compare balance ability among different sports and to assess physical performance. Research has suggested to use this test as a screening tool for sport participation as well as a post-rehabilitation test to ensure dynamic functional symmetry. It has also been shown that the performance of SEBT improves after training.

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ComfortFeet® Podiatry Group

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ComfiTech® Wearables

ComfiTech® 3D Biomechanics