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## Foot Mobilisation/Manipulation Therapy for PAIN Relief

The practice of Foot Mobilisation/Manipulation Therapy (FMT) is a specifically developed form of manual therapy aimed at assisting in healing your foot and leg pain.

FMT targets the joints of your foot and ankle, which are stiff, poorly aligned or just not functioning well and aims to gradually restore the way they work. This is achieved through a series of 'hands on' treatment sessions in conjunction with a specific exercise regime.

FMT works naturally and holistically with your body.

Together, joint mobilisation/manipulation and corrective exercise ensures that your body is in the best position possible to undertake its own natural repair process. Every time you partake in foot mobilisation/manipulation, you will experience:

- Joint mobility improvements by freeing the area of adhesions and other restrictions that are preventing mobility
- Postural stability will be enhanced through promoting the body's proprioceptive (balancing) system to work better
- Muscles around the joint will become stronger by increasing the muscle to nerve messages
- The pain messages that are sent to the brain will also be decreased via joint stimulation



Your treatments effectively do the following:

1. Gently release connective tissue restrictions
2. Improve the quality of movement in your joints
3. Addresses your unique foot structure
4. Stimulates proprioceptors (nerve endings), affecting how muscles 'fire'. In essence, muscles get 'retrained' to improve stability and balance

The best thing about FMT is that treatments can produce results that last between 48 to 72 hours. If you have treatment regularly, results are experienced for longer periods of time.

Most patients require 2 visits per week for 3 weeks then 1 visit per week for the following 3 weeks. Some patients may require longer than 6 weeks for their initial treatment. After this time, regular 4-6 weekly treatments will help to maintain your new, better functioning foot and ankle joints.

## TOWARDS WELLNESS Go for a Walk

We all know the importance of being physically active and the good news is that just 10 continuous minutes of brisk walking counts as physical activity.

Brisk walking is simply walking faster than you would do normally, which gets the heart pumping, makes you feel more energetic and helps to improve your mood.

Over time it can also help to lower the risk of serious illness like heart disease and type 2 diabetes.



### 10 DOCKER STREET, WANGARATTA

Monday HRFC only  
Tuesday 9.00am - 5.30pm  
Wednesday 8.50am - 5.30pm  
Thursday 9.00am - 5.00pm  
Friday 8.30am - 2.30pm

### 47 - 51 NUNN STREET, BENALLA

Monday 1.30am - 6.00pm fortnightly  
Wednesday 9.30am - 4.00pm  
Friday 8.30am - 1.30pm

### 190 MYRTLE ST MYRTLEFORD

Thursday 9:00am - 5:00pm fortnightly

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