

Shoes for Your Kids in 2020

With so many children's shoes out there, exactly what should we buy? The brand of shoe is irrelevant. Shoes can be found that will not only be appropriate and supportive but also cost effective.

The most important factor for children's shoes is that they fit. This means always having them fitted professionally by someone trained in children's shoe fitting. Children should also be measured for shoes approximately every three months. This does not necessarily mean they need new shoes but if they are measured every three months, we can be assured that the current shoes are still fitting. A correctly fitting shoe should have a thumb space clearance at the end of the longest toe and should not compress the sides of the front of the foot.

Do your Child's Feet Hurt?

- Do they complain of foot or leg pain?
- Do they often ask to be picked up?
- Do they have instability issues or trip frequently?
- Do they kick their shoes off before undoing their laces?
- Does your child walk differently to other kids?



Recent research has revealed that certain foot types (flat feet or high arched feet) can predispose children to certain sports injuries and problems in later life. If you are concerned that your child's feet do not look or function 'normally', then having an accredited Podiatrist assess your child's feet may prevent problems in the future.

In essence:

- Don't ignore your child's complaints regarding their sore feet or legs - it's not normal.
- Podiatrists are health specialists trained in assessing and treating feet, including children.
- See your Podiatrist to answer all your concerns regarding your child's feet.
- Sorry, there is no cure to make them untie their shoelaces!

Naturally you want your child to be strong and healthy and your podiatrist will lead you and your child to healthy feet. Those little developing feet will have to carry the entire weight of the body through a lifetime of standing, walking and running.

S-T-R-E-T-C-H Of The Month Squat Stretch

- Stand with your legs wider than shoulder width with your toes pointing outwards
- Lower your body by bending your knees (not your back)
- Make sure your thighs are parallel to the floor
- Place your hands on top of your knees
- Lift your pelvis up and inhale, at the same time press your left hand on your left knee
- Exhale as you turn your shoulder to the right
- Repeat other side



TOWARDS WELLNESS Kick off 2020 with Exercise

Sometimes we don't feel in control of our lives, especially at the start of a new year. Whether we are out of work, in a job we don't like or having problems in a relationship. Exercise allows us to achieve goals and overcome obstacles regardless of what is happening in other areas of your life. Increasing the time, you can jog on the treadmill, lifting a personal best or finally touching your toes, nothing beats that sense of achievement. Start 2020 with a bang! Exercise today.



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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