

# PedorthicNEWS

FOOT CARE THROUGH PROPER FOOTWEAR

## Conference Update

### 2021

Postponing the conference to next year was a difficult judgement but the right decision. With travel restrictions still in place, international delegates would not have been able to attend and with the current closure of domestic borders too many unknown factors to deal with.

After conferring with the Esplanade Hotel in Fremantle, we are delighted to inform you that the new date for our conference in WA will be **14-16 October 2021**.

### 2020

Virtual conferences are booming and many of you are embracing the opportunity to use online platforms for meetings and webinars already. Please, keep **Friday, 23 October 2020** in your diary. We are working on a format to host this year's AGM virtually. If you would like to be part of the program or sponsor the event please contact us via [events@pedorthics.org.au](mailto:events@pedorthics.org.au)



Deserted Bourke Street during Stage 4 lockdown. Photo [smh.com.au](http://smh.com.au)

## President Update

Thank you to all of you for renewing your membership with PAA.

With implementation of the new technology for membership registration we had a staggering result of 95% renewals by the 1st of July and with the website allowing automatic annual subscription this takes a massive burden of our treasurer.

We are over the halfway mark in a year that has challenged us all personally and professionally. We thought it was over, but the 2<sup>nd</sup> wave of COVID-19 is affecting Victoria and increasingly NSW and is impacting many pedorthic businesses. Despite of sometimes inconsistent and contradicting information, we try our best to filter through them and get you the answers you need to stay operational.

In the May newsletter I encouraged you to use this time as an opportunity to re-evaluate or restructure your business. Now, I ask you, have you done this? Many educational programs are now online in a virtual setting. This offers great possibilities for personal growth.

Stay safe, healthy and look after yourself.

Katrin Wegener  
President, PAA

## Victorian PAA members on COVID-19 restrictions

With the introduction of Stage 4 restrictions for Melbourne and Stage 3 for Regional Victoria, COVID-19 seriously impacted everyone's life. PAA asked Victorian members to share their perspectives on the situation and strategies for staying focussed and positive during this most difficult time.

### **Luke Sutton, CPedCM Bilby Shoes, Thomastown**

From a business perspective we're still open and have a steady flow of work, albeit has slowed down and foot traffic is next to nothing, there is always something to do, experimenting with new designs and pattern works, updating our online presence, and reading the current literature, creating something to do when there is no work is essential to maintaining both sanity and skill sets.

From a personal perspective, physical and mental well being is important to me; I have been very lucky to be able to keep up my exercise routine & still eat health, and still occasionally doing my weekend baking.

### **John Anter Anter Shoe Clinic, Melbourne**

I'm ok, in this difficult time. Going into stage 4 here in Victoria it is challenging and depressing to establish a COVID safety plan and keep my shop open in Melbourne CBD in current situation it's waste of time unfortunately however I'm lucky enough to do some work at Clare from Happy feet which is a great help. Going forward I don't think I can sustain my shop (all the rent and outgoings related) therefore I might have make adjustment to keep my business going.

### **Paul Reimers, CPedCM, PAA Treasurer V & P Reimers, Craigieburn**

The days roll by, the rising and the setting of the sun, it is now two weeks of contemplation, or is it?

I think a lot about what needs to be done, but that's as far as I have yet gone, procrastination, Tomorrow, I think I will make it Tuesday or Wednesday, Oh no matter, there all the same anyway.

Covid Oh Covid, I cannot see you, but I know you seek me, at the supermarket or when I'm out walking, just keep your distance no closer than 1.5 meters.

Melbournians faces covered with masks of Blue, Black and Multi coloured designs, covered for protection and not in shame, to stop the spread of the virus called Covid-19.

We fight this virus by self-isolating, alone, not just in our thoughts, the journey will see many souls lost, but we will prevail, but "when" is yet to be decided.

If we only had more time, everyone has thought to themselves at least once in their lives, but now I have that time, what to do with it, read a book, watch tv, go for a walk but no further than 5km's from home, checking your watch cause you only have one hour, to get back home, wash your hands, remove that mask and get settled in before the 8 pm curfew starts.

Now we all know that this has been a time Melbournians would rather have not had, job losses and illness, and the associated stress', we couldn't have predicted what was to be, but we are Melbournians and we will again be set free.

We will prevail, when Lockdown Stage 4 restrictions finally, are gone, we will all need to be there, in body and soul, and please remember, the people we have lost and the heroes who stepped up and took on the fight, against the virus called..... Covid-19.

To the Doctors, Nurses and Allied Health staff, who took up the fight .....Thank you.

On personal matter I try to stay positive and strong for my kids and help them to go through this times. I discovered cooking is relaxing me and enjoying to try new dishes. And also to enjoy our walks together as a family and hope things will be soon over.

**Clare Nelson, CPedCM  
Happy Feet Pedorthics, Coburg N.**

Eat chocolates! With a quality coffee!

Have some head space to set priorities for action!

Act on advice to apply for \$ to support my on-going quality Pedorthic practice!

Catch up, keep up and tidy up!

Work in different spaces - separation can be good!

Take a chill pill and allow time to learn new skills and knowledge.

Give to my creative, emotional and spiritual self.

**Rhett Ehms, CPedCM  
Mallee Pedorthics, Swan Hill**

How lock down has affected us. On the 23rd of March when lock down started, it was like turning off the tap. Shoe repairs are my main income and that stopped, I had a few custom shoes and orthotics to make which I finished them quicker due to no interruptions.

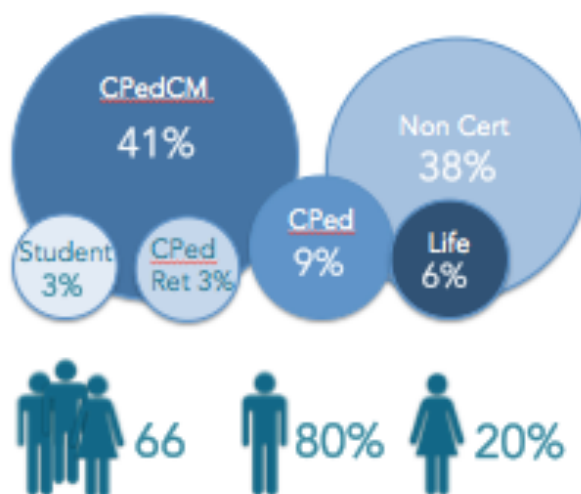
When the first restrictions started to ease customers would ring to see if I was open. I made a list of things I could do if it got quiet, but as I still have work coming in that has kept me reasonably busy.

My way of keeping focused is I see every customer as my boss, I have to get the job done to get payed.

When the gyms closed, I made some exercise equipment in my shed, a friend and I exercise every weekday, early in the morning and one of our exercises is 100 burpees. We made a pack that we would do 100 burpees every weekday that the virus prevented us from going to the Gym, so far we are up to 10,500.

Now with lock down 2.0 and boarder closures (a lot of my clients are from NSW as we are a boarder town), same as above with face masks.

**PAA in Numbers 2020**



## Private Enterprise supports SCU Pedorthics course

While they learn principles of Pedorthics in the lecture room, via text books and online, the Pedorthic students at Southern Cross University also learn how to modify and create shoes to potentially help treat people for lower limb and walking problems.

The major distinction in Pedorthics over other Allied Health courses is the practical element involved in learning how to change the function of a shoe by modifying it and even learn custom making footwear.

Companies like Gadean Footwear donate excess or unsaleable footwear for students to practice and hone their newly acquired hand skills.

The shoes arrive in cartons from West Australia and are delivered to the university. The university staff then arrange the footwear so that students can easily choose to use appropriate footwear to practice on.

“What’s great about the Gadean Footwear is the range of styles and the students get to use, and pull apart, and put back together some really contemporary looking therapeutic and pedorthic footwear”, Learning Professional and student clinic supervisor Mr Tye said.



Boxes of Gadean shoes on the way to SCU

Under strict supervision by lecturers, students are using the high-tech equipment on the ninth floor lab/workshop at SCU University Gold Coast campus to de-construct and then re-construct these shoes.

Within their course the students are asked to demonstrate competency in this highly technical work of pedorthic footwear modification.

Pedorthic Lecturer Mr Karl Schott said “One of the main criteria we look for in the item the student submits for assessment is ‘Is the item sellable in the average Pedorthic practice?’ With these shoes the students have access to a good product to work on”.

Adaptions such as buttress building, leg length build-ups, rocker soles and even re-lasting a shoe to be a completely new shape are

some of the skills developed by the students.

These type of adaptations to shoes are done every day in a commercial Pedorthic practice. Students need to be proficient at these assignments to ensure the skills they have learned are sought after by Pedorthic practices looking to staff up to meet the new demands of Pedorthics in Australia and the world.

Howard Smith, company director said “Gadean Footwear is more than happy to help the students by providing these items to practice on”.

What is clear is that private enterprise is providing great practical support for the Pedorthics course at Southern Cross University.

Another area of generous support is student supervision for student internships and clinical placements. This is appreciated by the students, the university and the profession alike.

More information on what is required by a Pedorthic practice to host Pedorthics and Podiatry student for a placement can be found by emailing: [pedorthicspraced@scu.edu.au](mailto:pedorthicspraced@scu.edu.au)

by Ernie Tye

## Pedorthics Student Placement Experience

My name is Paul and I am currently in my final year of Bachelor of Pedorthics at Southern Cross University. In the final year of the course we are required to complete three blocks of clinical placements at various private pedorthic clinics and the university clinic.

The clinical placements are designed for students to have "real-world" exposure to pedorthic practice. Clinical placements allow students to put their knowledge and skill into application- both in consultations and workshop.

My second block of clinical placement was at Bilby Shoes, located in Thomastown of Melbourne. Bilby Shoes is a family-owned business which is lead by David Sutton. Throughout my placement, David showed me how he works as a pedorthist, and allowed me to experience how he runs his business.

On my first day, I started with cast cleaning and grinding orthoses in the workshop. This was a good way to ease me into this new environment and these simple tasks meant even if I made any mistake, it would be minimal cost to the business. As I started to find my feet and felt more comfortable and confident with the tasks, I was then given opportunities to be involved in other parts of the workshop.

I had the opportunity to observe a number of interesting cases, as well as working at the workshop where all their footwear and orthoses are manufactured.

I was also given the opportunity to visit Leffler Leather, where I had a tour of the entire warehouse. I saw all the different types of materials, leather, tools and machinery that pedorthists use in their everyday work.



Students in the manufacturing lab at SCU Gold Coast campus

DJO Global's salesperson, Joshua, visited Bilby Shoes on number of occasions to discuss the range of shoes and other products they supply to health professionals including Podiatrists and pedorthists.

With every clinical placement block, we are assigned a real patient to prescribe and manufacture custom footwear and orthoses. During my time at Bilby Shoes, I was assigned a very interesting case and saw a patient with Charcot foot who had extensive comorbidities.

My experiences so far with all my placements have been incredibly valuable to my learning. Not only did I learn more about the pedorthic profession, but it was an opportunity to meet and connect with other pedorthists.

I hope that my experience will encourage other pedorthists to open their doors to students' placements, and be more involved with teaching to support building the pedorthic profession.

by Paul Shim

## Food for Thought - from members for members

### Rocker soles: Gait vs Balance

We can never sacrifice the static moment for the dynamic.

The importance of standing still, (Najafi, Crews and Wrobel, 2010) highlights the amount of time spent standing still for those with Diabetes, that could be extended to other pathologies that impair gait.

A new patient came in the other day, fused ankle, they were previously supplied the modified shoe pictured, it's no longer worn 4 weeks later and for good reason. The patient often loses balance and is complaining of knee pain, due to hyper-extension of the knee.

The other provider made the flat area of the sole about 15mm long, the flat area of the sole IMO should be about 60% of the sole length.

This patient group spend twice as much time standing still than they do walking. Never sacrifice the static moment for the dynamic, always watch, if you can't measure how your patient walks and how safely they stand, ask them to stand, hands on their hips and eyes closed for 10 seconds before they leave your facility.

Are they safe and stable?!



by David Sutton

## Results of the June Member Survey

In June PAA members were invited to participate in an online survey to provide input and guidance regarding the Association's communication and marketing efforts.

Thank you to everyone who participated. We have taken your feedback on board and have postponed the annual PAA Conference to next year. We are still working on a virtual event for October to incorporate some presentations and the AGM.

The majority of you supported the idea of accessing online webinars in order to gain CPD points. Negotiations with an online platform provider for CPD courses are in progress. Watch this space.

In regard to the printed Newsletter more than 80% of respondents liked the format and want to continue receiving it. About 75% are reading the monthly Newswire.

Industry-related topics ranging from Diabetes, Arthritis, NDIS, best practice, new technologies (scanning, 3D printing), clinical and case studies, as well as state and territory specific issues are of interest to most.

Another key point taken from the survey is that members would like to hear (read) more from other members. Achievements, awards, advice, ideas, anything interesting is welcome. Some of you are already great with sharing information, but we would like to ask everyone to think of something that they are doing, or that is working well and might help others.

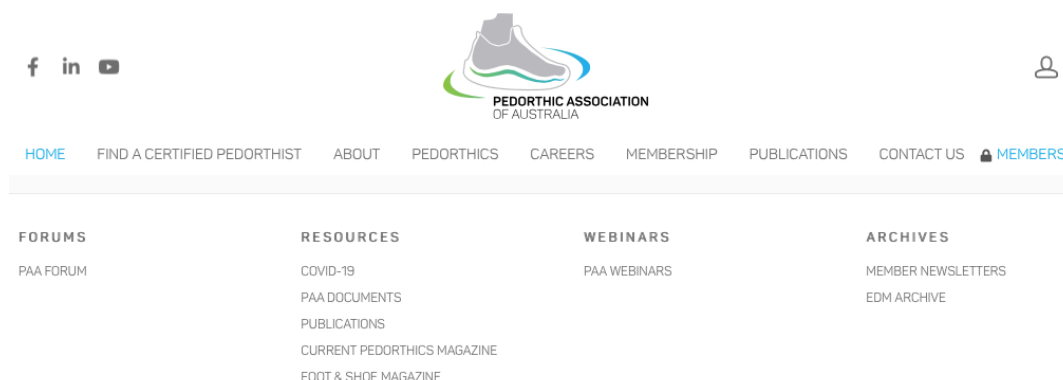
The Victorian members have set a great example providing their views on the current situation in this edition of the Newsletter.

A feature of the new website that is available to you all for sharing information, requesting advice or simply keeping in touch is 'the Forum'. Read more about the Forum and how to use it in this Newsletter.

Thank you all for the amazing feedback we received on the new PAA website. We are absolutely excited that your expectations have been met.

## PAA website Forum feature

With the renewal of annual PAA memberships, the online member accounts have been activated. To see all the features and information that are available in the member section, e.g. Newsletters, EDM, Magazines and more log into your account.



The Forum was created to enhance communication between members. It is set up so:

- Members can create new topics and threads
- Members can choose to subscribe to a topic, a sub-forum, or even an entire forum. Doing so will send an email notification when a new comment is made in whatever category you are subscribed to.
- Another member can be mentioned directly in a comment, and they will receive an email notification. You can mention a member by typing @ followed by the name of the person, which will automatically display their username for you to select.
- Members can upload a jpg, gif, png, bmp, or pdf file up to 5MB into a comment. A useful feature for discussing cases, products etc.
- Members can edit their posts within 15 minutes of posting
- Members can delete their own comments at any time
- Polls can be created

Enjoy using this new feature and let us know if you have any questions.

## We would like to THANK our sponsors

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## What is the PAA ?

### PAA contact details

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### Board of Management

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Adam Jorgensen  
Howard Smith

The Pedorthic Association of Australia recognises the need for representing professional practitioners of pedorthics. These people provide service and product to patients that have mobility difficulties due to the medical problems with their lower limb.

Formed over 45 years ago the association has grown so that it now regularly communicates with the key representatives from government and medical health funds. Through its programs, the PAA encourages its members to improve their qualifications and recognition. Programs include CPed, Quality Assurance and Competency Standards.

The names and organisations of the people that earn the Certified Pedorthist and Registration are published on the APRB website. The medical profession is encouraged to recommend CPeds to their patients for the provision of expert advice and product. The other sections of the certification system recognise the specialised Retail and Footwear Modification components of our profession.

The PAA is also providing guidance in the Quality Management of the organisations that are represented by its members. The Generic Quality System has been specifically designed for implementation in a Pedorthic Practice. It recognises the special relationship between the provider and the patient and assures the provision of expert advice and quality product by the organisation.

The PAA is for members that want recognition of their competency to provide a full service in the Pedorthic industry, work in organisations that have as their key objective to provide quality advice or product and who want to support the development of the industry through contact with the people and organisations that have the greatest impact on the industry and their business.

Subscribe today, at our website, to keep informed of industry activities.



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