

# Put your best foot forward each time

Feet are complicated. They carry our weight on 52 bones, dozens of joints and more than 100 muscles, tendons and ligaments. Nerves and blood vessels from the feet need to reach all the way to our heart and brain.

When our feet go wrong it can impact the rest of the body. Abnormal foot structures can cause problems as we walk or run, leading to changes in ankles, knees, hips, pelvis and spinal column – and creating pain.

The study of how the body moves is called biomechanics. Podiatrists have found that pain in the hips or back problems are often caused by abnormally functioning feet.

Wear and tear patterns on the soles of shoes can reveal whether you have a potential problem, too.

Dr Abbie Najjarine is a podiatric biomechanical practitioner. At Dr Abbie Clinics in Sydney's Kirrawee and across NSW, podiatrists check the movement of feet using a biomechanical system designed by Najjarine. Called the Najjarine Assessment System (NAS), it is used to assess and pinpoint the cause of a patient's movement problems.

"We take a holistic approach to eliminating pain, fixing issues and ultimately improving wellbeing by looking at the whole body as an engineering structure, which like buildings have foundations – the feet," Najjarine says.

"If the foundations are faulty then the building will get cracks."

Back and hip problems can often relate to foundation flaws. "Pronation, or flat feet, is

the foot rolling inwards at the ankle to compensate for the ground," Najjarine says.

"This leads to postural problems, muscle wasting and muscles that end up tightening, resulting in conditions like bursitis, inflammation and degenerative changes in the foot, knees, hips and back pain."

Before he turned to podiatry, Najjarine was an engineer. He used engineering principals to build the NAS, combined with his own experience of leg pain when growing up.

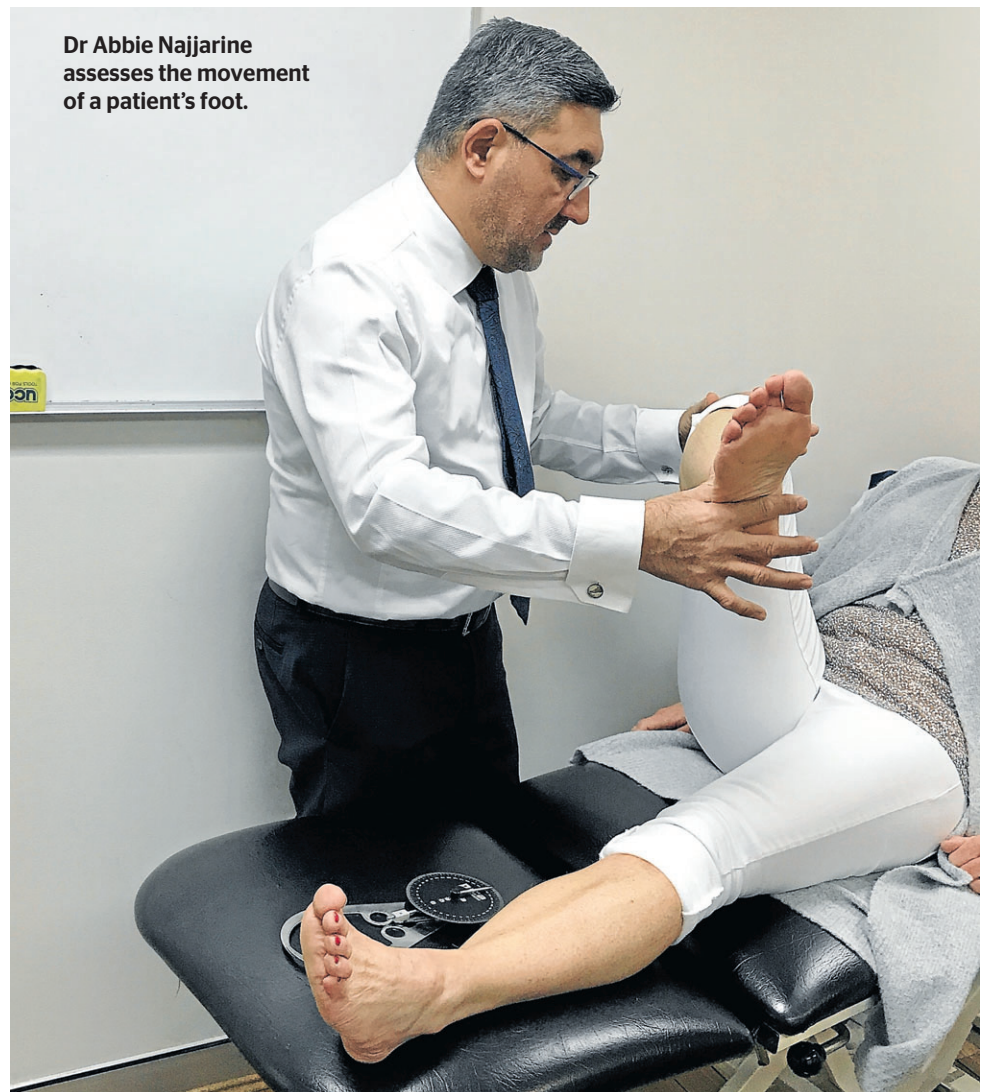
**'If the foundations are faulty then the building will get cracks.'**

**- Dr Abbie Najjarine**

"Now, this six-step assessment provides the practitioner with an understanding of the cause of the patient's condition," he says.

Following assessment, treatment often includes prescribing custom-designed orthotics, which are designed individually, just like glasses are designed for a wearer. "There are 28 versions of orthotic devices with about 100 different modifications that can be added, as every single person has a different alignment and condition," Najjarine says.

"Other treatments we use include dry needling, stretching programs, strengthening programs, foot, knee and hip-joint mobilisation, which is effective with



Dr Abbie Najjarine assesses the movement of a patient's foot.

orthotics. Also we use glucose injections, shock wave therapy and postural and gait analysis correction."

Once a patient's feet are treated, many find they stop experiencing pain in other

parts of their body. A referral to a podiatrist is not required, however, it is always recommended anyone experiencing pain also works with their GP to rule out other conditions.



**Dr. Abbie Clinics**

## PODIATRIC BIOMECHANICAL PRACTITIONERS

Dr Abbie Clinics move beyond Podiatry into Biomechanical Analysis and Orthotic Therapy. These specialised techniques look into what causes issues, treating the source, not just the symptoms. These treatments are non-invasive and conservative in impact.

**WE TREAT CHILDREN FOR:**

- Frequent tripping, falling over
- 'Clumsy' or 'awkward' movement
- Out-toe, In-toe, 'pigeon toe'
- 'Growing Pains', stomach pains
- Heel pain, severs
- Knee pain, 'knockknee', bow legs
- Hip/low back pains
- Loss of balance, coordination, and control



UNCORRECTED

CORRECTED

**WE TREAT ADULTS FOR:**

- Foot pain - forefoot pain, plantar fasciitis, heel pain
- Ankle - stiffness, weakness, frequent 'rolling' or sprains
- Knee - knock-kneed, bow-legs, inside/outside
- General knee pain and weakness, arthritic
- Hip - stiffness, tightness, 'jamming', 'stuck', 'grinding'
- Low back pain - stiffness, radiating, intermittent or always present

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