

We can help you with
any of the following
conditions :

Banksia Sports Clinic :

1. **FOOT PAIN**
Heel Spurs, Bunions, Forefoot Pain –
Metatarsalgia (Plantar Digital Neuritis) and
Plantar Fasciitis.
2. **KNEE PAIN**
Maltracking Patella – (lateral / superior),
Osgood Schlatters and Retro Patella pain.
3. **TIBIAL STRESS SYNDROME**
Shin Pain / Splints, Compartment Syndrome,
Recurring Calf Pain.
4. **ACHILLES PAIN**
Achilles Tendinitis, Synovitis, Paratendinitis.
5. **ILIO TIBIAL BAND SYNDROME**
ITB Pain, Tightness.
6. **HIP PAIN**
Sciatic Pain, Tight Hips.
7. **GROIN PAIN**
Osteitis Pubis - (Pubic Symphysisitis), Adductor
Tendinopathy.
8. **BACK PAIN**
Lumbar Sacral Pain, Lower Back, Thoracic
Back, Scoliosis.
9. **LEG LENGTH DISCREPANCY**
Short Leg Syndrome, Scoliosis.
10. **NECK PAIN**
Headaches, Migraines.
11. **PIGEON TOE AND OUT TOE (Duck Feet)
IN ADULTS AND CHILDREN**
12. **GROWING PAINS IN CHILDREN**
13. **RESTLESS LEG SYNDROME**
14. **GAIT ANOMALIES**

At Banksia Sports Clinic we specialise in the re-alignment of the body by using a biomechanical assessment to examine the relationship between pain and the muscular and skeletal structures.

A stable and sound “base of support” is the key to being pain free. This is achieved by re-balancing the body’s biomechanics naturally, using a unique biomechanical assessment technique to diagnose **causes** of pain. This can be pain from the head to the feet or as we like to look at it from the feet to the head.

When your biomechanics are re-aligned, your body becomes re-balanced and your base of support becomes stable, alleviating your pain on an ongoing basis.

FOR FURTHER INFORMATION OR
APPOINTMENT PLEASE CONTACT:

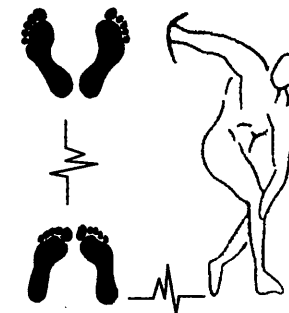
BANKSIA SPORTS CLINIC

(03) 9499 8887

1026 Heidelberg Road, Ivanhoe, Vic., 3079

DO YOU SUFFER FROM:
Sporting Injuries,
Growing Pains, Foot / Heel or
Leg pain, Back & Neck pain,
Flat Feet / bunions, Hip and
Knee pain, or Arthritic Pain?

**Banksia Sports Clinic
can help you!**



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Telephone: (03) 9499-8887
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Ivanhoe, Vic., 3079

**Biomechanical Myotherapist:-
specialising in Biomechanical Orthotic
Therapy, Gait Analysis and Soft
Tissue Therapy.**

*"Treating the cause of your pain to rid
you of your symptoms."*

Have you ever wondered why??

Have you ever wondered why you have pain down one side of your body - "all the time" - but not the other side? Do you continually tear the same hamstring or groin muscle but never have a problem with the other side, or why you keep going back to the Doctor, Physio or Chiropractor, and you do all the right things they tell you, treatment, stretching, exercises and training but still you don't get better, or you think you're better for 2, 6 or even 12 months then all of a sudden you get injured again?

The answers to all these questions are quite simple, it's your biomechanics that are letting you down.

At Banksia Sports Clinic we have all your answers and we definitely have a solution, which is prescribed **Biomechanical Orthotics**.

YOUR FEET AND BIOMECHANICS

The human foot is a complex framework of bones, muscles, ligaments and tendons. It is this framework, which is relatively small, that holds the human body up-right.

The placement of our feet when standing and the direction in which our feet are facing i.e. in-toed (pigeon toed) or out-toed (duck footed) accounts for our "base of support".

With a poor base of support, and pressure on the small complex framework of the foot working to hold the body upright, the biomechanics of the body can become out of alignment, causing pain.

Biomechanical Orthotics

Custom-made and custom prescribed biomechanical orthotics work by re-balancing the body's abnormal "Base of Support". This is achieved by the carefully measured biomechanical assessment technique which is implemented into your orthotics to combat, the poor base of support every person develops by walking on hard flat surfaces, and our foot structure(s) giving way under our own body weight, displacing bones in our feet, ankles, knees and hips.

A poor base of support combined with pressure on the foot structure causes soft tissue structures to work harder leading to contracted tight muscles that cause people's pain and discomfort. That is why we feel good after massage but this is why we still have pain and keep needing massage. All we need to do is correct our biomechanics.

Poor biomechanics can be inherited as well as developed by our environment such as the hard, flat surfaces upon which we walk. These factors can lead to conditions as listed.

What is a Biomechanical Myotherapist?

The word Myotherapy is derived from the Greek myo - meaning muscle and therapy - meaning treatment. Myotherapy is the physical treatment of muscle dysfunction and pathological conditions affecting muscle function and human movement, i.e. Biomechanics.

Around 90% of a person's pain or discomfort comes from sore, tight, contracted muscles which over many years cause us continual pain and ongoing problems. All this is a result of poor biomechanics which are inherited from our parents or have a lot to do with our environmental factors such as hard flat surfaces upon which we walk and run.

Fact File

- We take a holistic approach in dealing with a patient's pain using a unique assessment technique, not practised by general podiatrists, which is scientifically proven to diagnose **CAUSES** of pain.
- Prescribed **Biomechanical Orthotics** are totally different to podiatry orthotics because;
 - they are made of totally different materials
 - they are very comfortable, in fact they usually feel comfortable in around 30 minutes
 - you wear your **biomechanical orthotics** in all your existing shoes, ladies shoes as well
 - in around 2 to 3 weeks, 95% of patients don't even know they are wearing prescribed **biomechanical orthotics**, "it feels natural" they say.
- Correct alignment of your biomechanics eases pressure and strain on soft tissue structures such as muscle, tendons and ligaments, which leads to relief of pain permanently.
- At Banksia Sports Clinic we also specialise with children and elite sports people.

You have probably heard of the saying "knowledge is power", at Banksia Sports Clinic we like to say "a patient's knowledge is power to heal", and therefore all information is explained clearly and in "lay-mans terms".