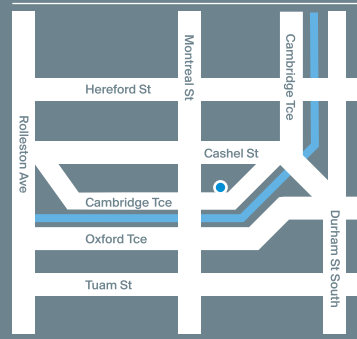


PODIATRYMED

From general foot, leg and body care to running and cycling postural analysis, we have a treatment to suit your individual needs.

Podiatrists Bruce Baxter and Rebecca Gifford; Physiotherapists Kama Rowse and Tania MacKay are our PodiatryMed specialists.

Contact Bex Steele to make an appointment with any of our specialists:
Freephone 0508 508 508



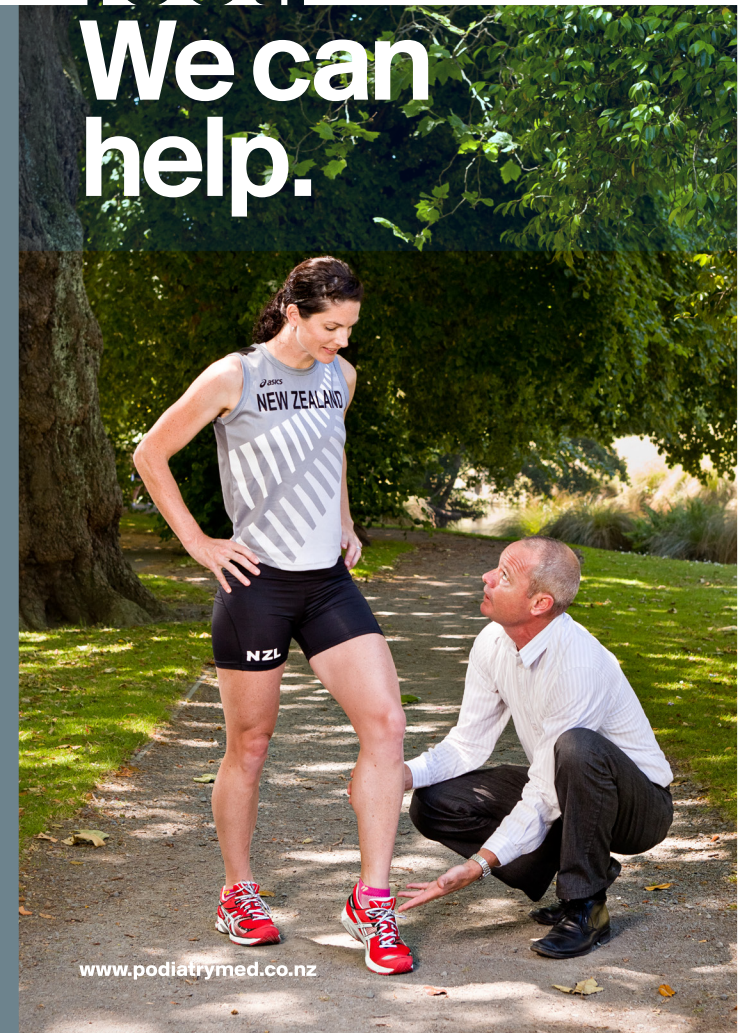
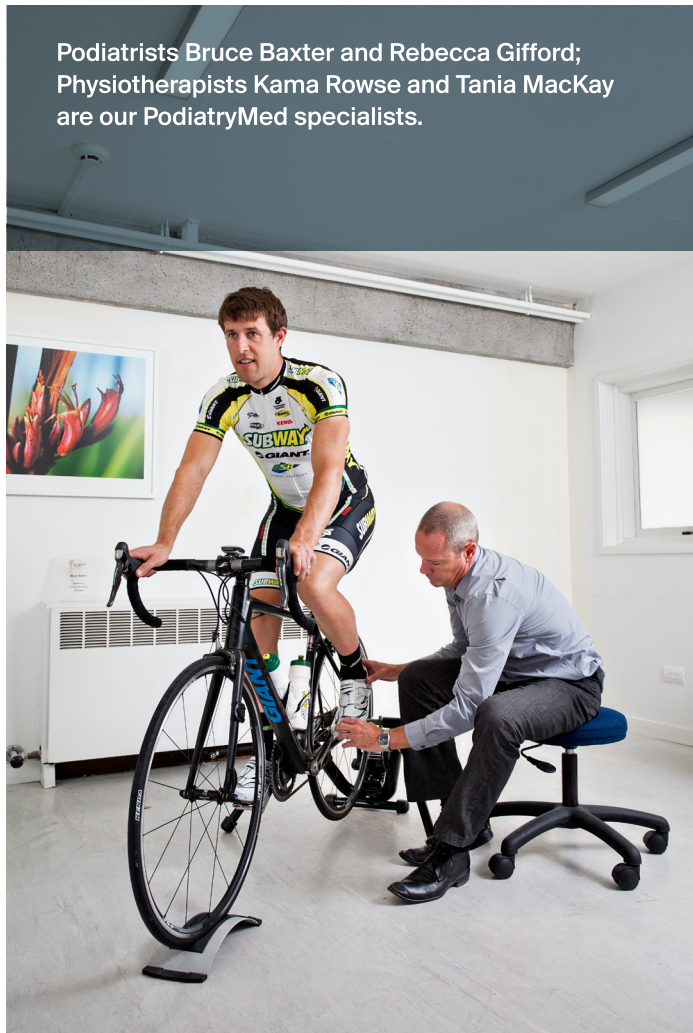
Conveniently located in central Christchurch in the AEQ Building, Ground Floor, 61 Cambridge Terrace, Christchurch. Plenty of on street parking available.

Podiatry clinics also available by appointment in:
Rolleston: 43 Shelly Street, Rolleston
Leeston: 5 Gallipoli Street, Leeston

Visit our website: www.podiatrymed.co.nz

PODIATRYMED

Active lifestyle.
Active feet.
We can help.



www.podiatrymed.co.nz



Services that we provide:

Podiatry:

- Running analysis and technique retraining
- Sport injury management
- Orthotic prescription
- Children's foot and leg issues
- Footwear advice and prescription
- Bike analysis and set up
- Nail and skin care
- Ingrown toe nail surgery
- Functional stretching and strengthening
- Joint mobilisations
- Personal training programmes

Physiotherapy:

- Manual (hands-on) therapy
- Exercise prescription and education
- Clinical pilates
- Trigger point needling, and western acupuncture

Who are we?

We have a combined experience in evidence based musculoskeletal medicine of over 50 years. As active people ourselves, we understand things from an athlete's perspective. Many of the injuries we see have multiple causes, and may relate to many years of overuse. Consequently many things need to be considered regarding the right treatment.

We customise multi-factorial treatment plans for each patient because no two people are the same. Our combined experience in Podiatry, Physiotherapy and Massage Therapy ensures we can deliver quality multidisciplinary care and a treatment plan suited to your particular lifestyle.

We are ACC approved for Podiatry and Physiotherapy; Bruce Baxter is a Sports Academy approved provider and President of Podiatry New Zealand.



Bruce Baxter, Podiatrist

I am the Founder and Director of PodiatryMed and have been a Podiatrist for over 25 years. As an active runner, cyclist and triathlete, I know that many of my athlete patients frequently develop "overuse injuries" – with an understanding and experience in both medicine and sport, I can investigate the true cause of these problems and the right way to treat them.



Rebecca Gifford, Podiatrist

As a new generation Podiatrist I have an extensive understanding of foot skin and nail treatments as well as new concepts entering the field such as barefoot running. I am a runner and triathlete myself so understand how frustrating unexpected injuries can be and how crucial it is to manage the recovery process. When I'm not in the clinic consulting with patients I'm usually outdoors training for my next event.



Tania Mackay, Physiotherapist

I am a chartered Physiotherapist with over 22 years experience, 18 of which has been focused on treating sports and musculoskeletal injuries and conditions. My focus is on diagnosing and treating both the cause and symptoms of your injury. I provide manual (hands-on) therapy, exercise prescription and education. I am a mother of two young daughters and have a passion for the outdoors, especially cycling and mountain biking.



Kama Rowse, Physiotherapist

I am a chartered Physiotherapist from Otago University and have practiced in Ireland and New Zealand. My experience is in musculoskeletal practices specialising in the area of sports injuries, particularly using biomechanical knowledge to both treat and rehabilitate my patients. I utilise clinical pilates and technique modifications, trigger point needling and western acupuncture. I provide hands on proven approach to diagnose while correcting the cause of the injury.