



World Polymyalgia Day 12 May 2018

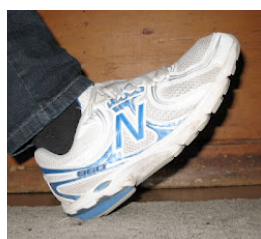
Therapy Professionals Ltd runs classes, designed by physiotherapists, for those who have arthritis. See timetable below.

Timetable

Tuesday:	9.15 am – 10.15 am	The Blind Foundation, 96 Bristol Street, Merivale
Friday:	9.15 am – 10.15 am	St Marks Church Hall, Corner Somerfield and Barrington Streets
Friday	11.00 am – 12 midday	Presbyterian Church Hall, 27 Amyses Rd, Hornby

Arthritis and ageing can affect the mobility of our ankles and feet, causing us not to lift our feet properly when we walk. To avoid falls, become conscious of our feet using the guide below.

Be aware of your feet!



1 Heel strike



2 Roll foot



3 Push off with toe



4 Put it all together

Compiled for you by our physiotherapists

The ankle/foot movements we do in class help to strengthen the toe – lifting muscles.

You can work these muscles all day.
It's simple! Just exaggerate your normal walking pattern -
Heel/Toe

Say 'heel toe' to yourself

- if the footpath is rough
- when you feel rushed/unsure
- when you go from room to room
and from street to street
- **everywhere** you go!

Get the rhythm! Don't trip!
MAKE IT A HABIT

To find out more about our classes contact us at Therapy Professionals.

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Website: <http://www.therapyprofessionals.co.nz>