

Walk on air

Specialising in paediatric and adult biomechanics, Matthew Malone is the new podiatrist at PremierPhysio.

Matthew qualified from Salford University and has recently had work published in the *Journal of Podiatry* as part of his masters degree.

A keen athlete, he not only understands the mechanical elements involved in treatment but also the psychology of the athlete in relation to injury, recovery and rehabilitation.

But his expertise is not isolated to the sports person. Matthew can help anyone with foot, knee, hip or back pain if it is as a result of poor foot alignment. "I use my professional experience to tailor specific treatments for each individual," said Matthew. After a thorough assessment, if insoles are recommended these are bespoke and often custom cast to your foot."

Brian Hill, an IT professional with experience of physiotherapy and podiatry from PremierPhysio, said: "Almost three years ago I suffered a sports injury to my neck and shoulders. I visited Vicki Harvey at PremierPhysio for physiotherapy, but unfortunately changed jobs before the treatment was complete. I sought treatment locally but made no real progress and actually developed secondary complications over the next two-and-a-half years.



BEST FOOT FORWARD:
Contact PremierPhysio to arrange a free assessment.

"I returned to PremierPhysio recently and am glad to say I'm back on the mend again.

"As a regular runner, I also developed a knee injury. It was convenient that PremierPhysio also specialises in podiatry and so I was treated at the same time. The inserts recommended, along with the exercises I was given,

have worked really well.

Practice manager, Vicki Harvey, wants to encourage anyone with an ache or pain to come along and see what PremierPhysio can do to help. She said: "We are inviting readers to contact us to arrange their free physiotherapy, podiatry or acupuncture assessment."