



Brindabella Podiatry  
236/140 Anketell Street,  
Tuggeranong, ACT, 2900  
Phone: (02) 6293 2024  
Fax: (02) 6293 2404  
Email: info@brindabellapodiatry.com.au

Dear Parents and Carers,

**LOWER LIMB HEALTH FOR CHILDREN: EDUCATION SESSION**

Nicole Heinecke and Lydia Kim from **Brindabella Podiatry Tuggeranong** are coming to Gilmore Pre-School on **Tuesday 17 October at 3pm** to do an informal presentation on **lower limb health for children**. They are inviting the parents of each child in the **pre-school room** to come and listen and ask questions. Age 4/5 is the perfect time to have a podiatrist assess a child, before they go to school. The topics to be discussed will be as follows:

- Appropriate footwear
- Growing pains
- What is 'normal'
- Stretches and strengthening tips
- When to see a Podiatrist

Following the presentation, the podiatrists will be screening each child to assess their foot/leg biomechanics and you will be provided with the results of the screening. The screening will be performed fully clothed and you will need to provide your consent below. We **STRONGLY** advise that a parent be there for the screening as we have lots of questions to ask parents about their child's history and activities.

If you have any questions or concerns, please do not hesitate to contact our Brindabella Podiatry clinic at 6293 2024 or email us at info@brindabellapodiatry.com.au.

Kind Regards

PODIATRISTS

.....

I \_\_\_\_\_ give consent for my child \_\_\_\_\_  
to be assessed by Nicole, Lydia or Tom from Brindabella Podiatry on **TUESDAY 17 OCTOBER**.

Signed \_\_\_\_\_ Date \_\_\_\_\_