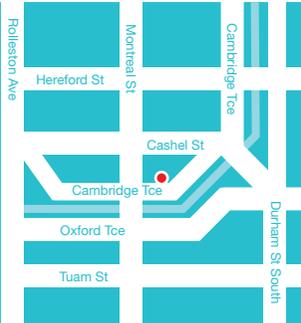


PODIATRYMED

From general foot care to walking, running and cycling postural analysis, we have a treatment to suit your individual needs – Podiatrists Bruce Baxter, Rebecca Gifford and Adele Coberger our PodiatryMed specialists.

Active lifestyle.
Active feet.

We can help.



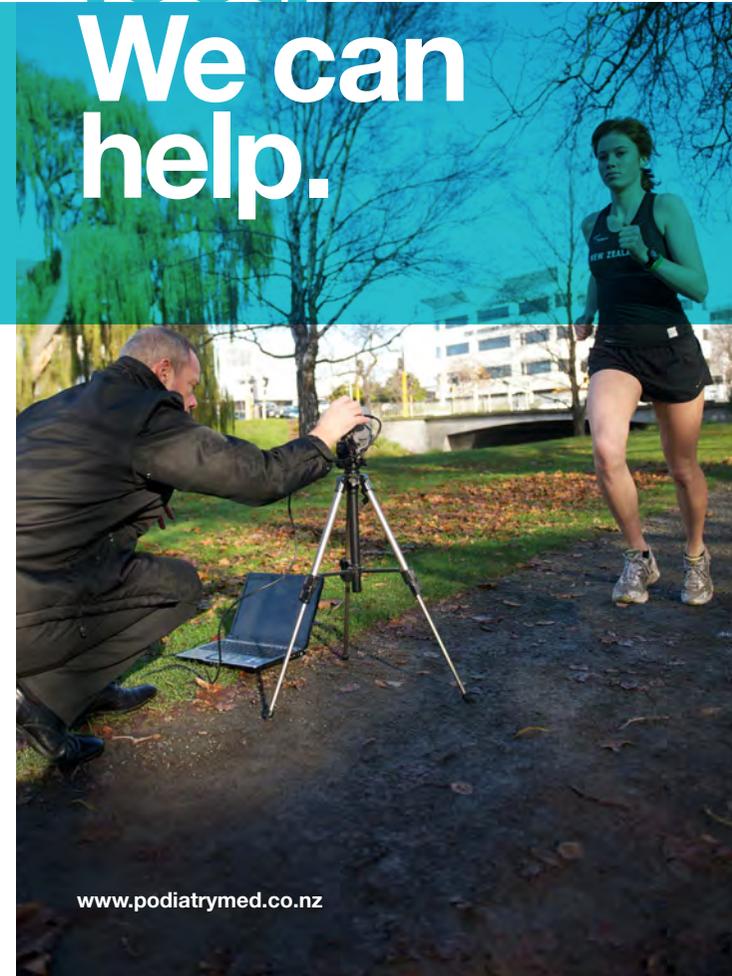
Contact us to make an appointment:
Freephone 0508 508 508

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

Clinic also by appointment in Rolleston 43 Shelly Street, Rolleston

Visit our website:
www.podiatrymed.co.nz

PODIATRYMED



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Services that we provide:

- 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
- Evidence based medicine
- Multi-factorial approach

Who are we:

We have a combined experience in podiatry over 40 years. As active athletes ourselves, we are aware that many of our athlete patients frequently develop "overuse injuries" – with an understanding and experience in both medicine and sport, we can investigate the true cause of these problems and the right way to treat them.

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

Bruce Baxter



I am the Founder and Director of Podiatrymed and have been a podiatrist for 25 years. As an active runner, cyclist and triathlete, I know that many of my athlete patients frequently develop "overuse injuries" these are often multi-factorial in cause and a broad perspective is required to manage them successfully.



Adele Coberger

I have been a podiatrist for the last 17 years. As a previous national representative in skiing, I understand the importance of maintaining healthy feet and foot function to reduce injury risk and achieve optimum performance.

As a mother, I have first-hand experience of looking after and treating children's foot problems.



Rebecca Gifford

As a new generation podiatrist I have an extensive understanding of new concepts entering the field such as barefoot running. I am a runner myself so understand how frustrating unexpected injuries can be and how crucial it is to manage and recover quickly from such setbacks. When I'm not in the clinic consulting with patients I'm usually outdoors training for my next event.