

# Modbury Meanderer

Editor—Jeanette Richards

## RETURN TO WALKING

It is very important that walkers get a return to walking form signed by their medical or allied health practitioner, if away due to illness that resulted in hospitalisation, any surgery, or injury that is being treated by a physiotherapist/ chiropractor. This is very important for risk management and our public liability, and also it gives peace of mind to walk leaders. You can get this form from Jeanette. If you know you are having treatment/surgery, get it beforehand so that the practitioner can sign when they think you are ready to return to walking.

## INSIDE THIS ISSUE:

Social Round Up	2
Speakers	2
Birthdays	2
Tarsal Tunnel Syndrome	3
	3
About TTPWG	4
Recipes	4

## DO YOU CALL YOURSELF AN AUSTRALIAN?

You know you're Australian if....

- You know the meaning of 'girt'
- You waddle when you walk due to the 53 expired petrol discount vouchers stuffed in your wallet or purse
- You understand that the phrase 'a group of women wearing black thongs' refers to footwear and may be less alluring than it sounds
- You believe the 'L' in the word 'Australia' is optional
- You can translate: 'Dazza and Shazza played Acca Dacca on the way to Maccas'
- You believe it makes perfect sense for a nation to decorate its highways with large fibreglass bananas, prawns and sheep
- You understand that 'Wagga Wagga' can be abbreviated to 'Wagga' but 'Woy Woy' can't be called 'Woy'
- You believe that cooked-down axle grease makes a good breakfast spread
- You believe all famous Kiwis are actually Australian, until they stuff up, at which point they again become Kiwis
- You believe that the more you shorten someone's name the more you like them
- You understand that 'excuse me' can sound rude, while 'scuse me' is always polite
- You understand that 'you' has a plural and that it's 'youse'
- When returning home from overseas, you expect to be brutally strip-searched by Customs - just in case you're trying to sneak in fruit
- You believe the phrase 'smart casual' refers to a pair of black tracky-daks, suitably laundered
- You find yourself ignorant of nearly all the facts deemed essential in the government's new test for migrants.

### CARAMEL CHOC TRUFFLES—

380g can Nestle caramel top  
 2 tbsps butter  
 250g plain choc biscuits, crushed  
 3/4 cup dessicated coconut  
 Combine caramel and butter in a pan. Bring to boil, stirring often, remove from heat. Add biscuit crumbs and mix well.  
 Chill for 1 hour. Roll heaped teaspoons of mix into walnut sized balls. Roll each ball in coconut and chill til firm.

IDA LEE

## Social Round up

### Social Club Round Up: Dates for Diary

#### **May 14th Thursday: Bus Trip to Warrawong**

Travel to Warrawong for animal show and Devonshire tea.  
Travel to Pitritti winery then Charlesworth nuts  
Cost: Coach, Morning tea, show and Lunch **\$51 pp**

#### **June 16th Tuesday: Adelaide Festival Theatre**

"Come behind the scenes". 11am start (1½ hour)  
Cost: \$8 pp. Lunch at members own arrangement and cost.

#### **August 11th Tuesday: Athelstone Football Club**

Mid year Luncheon  
Further details to be announced later

## Speakers

**Tuesday 7<sup>th</sup> May**—Mystery speaker

**Friday 5<sup>th</sup> June**—Tom Hoey Re Fire safety in the home

**August 4<sup>th</sup>**— Diabetes , Neroli Price

**Tuesday 8<sup>th</sup> September**

Brenton Miegel— Re Wills power of attorney and guardianship

**Friday 6<sup>th</sup> November**—Laurie Eddie Re Scams

## Birthdays

**April:** Janet, Jenny, Carol, Robert, Mavis, John, Joan, Meri, Janice, Ray, Jessie, Curt, Christina

**May:** Ida, Geoff, Pam, Margaret, Anne, Iain, Shirley, Joan, Shirley, Graham, Max, Joyce, Lyn

**June:** Angela, Judy, Purita, Sigrid, Betty, June, Brian, Miranda, Jill, Carol, Sandra, Liz, Joy, Janet, Nadine

**Walking Cards:**  
10 walks for \$18  
20 walks for \$30

**Don't forget Carol is still collecting stamps for charity.**

**If you shred your paper either give it to Carol or take it straight to the pet shop in Modbury Triangle. They need plenty of it for the bottom of the pet cages.**

**Coffee roster:**  
1st week of the month is downstairs  
2nd week is downstairs  
3rd week: Billy Baxters  
4th Week: 42nd Street

Your Walking Group have available for members to hire - at very reasonable rates the following items:  
BBQ and Gas bottle \$5  
Tarpaulins/screens 2 each 6 x 8 ft with poles and pegs \$5 each  
Portable folding table opens to 6' x 2'6" (folds to 3' x 2'6") \$5

Also your Walking Group has obtained free membership to Rays Outdoors. Our members will be entitled to a discount of up to 10% on most purchases.

An individual card is not needed. To benefit members simply need to quote our Membership No as ID - D48388.

**Enquiries to Bill Devine.**

## TARSAL TUNNEL SYNDROME

The foot is subjected to forces hundreds of times the bodyweight, thousands of times in a day. The ankle is a complex structure that makes weight bearing possible. It allows the foot to flex and extend and absorb the shock of the compressive forces when walking, running and jumping. The ligaments, tendons, nerves and blood vessels travel over and through the ankle joint to the foot.

The posterior tibial nerve runs down from the leg and behind the medial malleolus, the bump on the inside of the ankle, down into the foot. This nerve is protected by a fibrous sheath, called the flexor retinaculum. The flexor retinaculum, along with the bones of the ankle, forms a tunnel for this nerve (and tendons, arteries, veins) that runs through the foot. This tunnel is the tarsal tunnel. The ligament over the tunnel is meant to protect the components underneath, but if it becomes inflamed or a foreign body obstructs the tunnel, then it can become part of the problem.

What is Tarsal Tunnel Syndrome?

Tarsal Tunnel Syndrome, like [Carpal Tunnel Syndrome](#) in the wrist, is a compression of the nerve inside the tunnel. It is less common than its counterpart in the wrist and is sometimes simply wrapped into the foot neuropathy diagnosis. The pressure can come from injuries resulting in deformities, inflammation of the protective sheath, tumors, or other impingements on the nerve. The compression on the nerve interferes with the signals sent through the nerve, causing pain and other neuropathy in the foot.

**What causes Tarsal Tunnel Syndrome?**

Tarsal Tunnel Syndrome has many possible causes and in some cases doctors cannot pinpoint the exact cause. People with flatfeet may develop this condition due to the strain placed on the structures of the feet and a change in the course of the nerves and tendons running into the feet. This could cause pressure on the tibial nerve. A cyst or tumor in the area may also produce pressure on the nerve. Other abnormalities in the area that may cause this condition include varicose veins, a swollen tendon, or a bone spur.

Systemic disease processes, such as rheumatoid arthritis or diabetes, may also cause, or increase the likelihood of, this condition. The inflammation of the joint caused by arthritis will decrease the space available for the nerve, thereby increasing pressure. The veins and arteries passing through may become enlarged due to higher glucose content in diabetics, also causing more pressure on the nerve. Individuals that are overweight or obese may be prone to this condition due to excessive pressure on the posterior tibial nerve.

Signs and Symptoms

The most common symptom of this condition is pain, burning, or tingling along the inside of the ankle and down into the foot. The pain can vary from prickly points in the foot to severe burning pain along the entire foot and ankle area. The pain generally gets worse with activity, especially prolonged walking or standing and improves with rest. Pain upon palpation of the nerve may also be noted. Loss of sensation may be experienced if the condition is allowed to progress. A change in gait (a limp and overpronation) may also result if not treated promptly.

Prevention

Prevention of tarsal tunnel syndrome starts with the knowledge of what causes it and avoiding those circumstances.

- Rest for the foot in between long bouts of standing or walking is important. Trying to sit down, or at least change position, during extended periods of standing or walking will help reduce the stress on the tarsal tunnel and tibial nerve.
- A proper warm up activity before beginning strenuous workouts will also help prevent injuries to the structures in and around the nerve, reducing the likelihood of compression.
- Wearing properly fitted shoes and orthotics if necessary, will reduce the strain placed on the area. Shoes that are tied incorrectly, or too tightly, can cause damage to this area, also.
- A good strengthening program will keep the supporting muscles of the lower leg strong and reduce leg and ankle injuries. These muscles will also reduce the stress and impact on the joint with each step or landing.
- Flexibility in the muscles of the lower leg will help keep the foot in proper alignment and reduce the pull on the tendons during rest. Flexible muscles are also less likely to be injured.

Stretching is one of the most under-utilized techniques for improving athletic performance and getting rid of those annoying sports injuries. Don't make the mistake of thinking that something as simple as stretching won't be effective.

### Tea Tree Plaza Walking Group

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Contact: Walk Leader  
Jeanette Richards  
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Mobile: 0405630039  
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www.mallwalking.net



Tea Tree Plaza Walking Group Inc is a not for profit organization.

Some of the services they provide:

- Walking twice per week
- Social Club
- Day Trips
- Guest Speakers
- Fun & Fitness



### Distances—TTPlaza

Ground floor-400 mtrs  
Top floor (including all exit areas) 1.5 km  
Both top and bottom 1.9 kms  
2 laps=3.8 kms  
3 laps=5.7 kms  
2 bottoms & a top 2.3 kms  
3 bottoms @ a top 2.7 km  
With renovations due to start soon, these distances will change again.  
The manager says that it should not affect the walkers much at all.

### Body Statistics

It takes your food seven seconds to get from your mouth to your stomach.

One human hair can support 3 kg (6 lb).

The average man's penis is three times the length of his thumb.

Human thighbones are stronger than concrete.

A woman's heart beats faster than a man's.

There are about one trillion bacteria on each of your feet.

Women blink twice as often as men.

The average person's skin weighs twice as much as the brain.

Your body uses 300 muscles to balance itself when you are standing still.

If saliva cannot dissolve something, you cannot taste it.

Women reading this will be finished now.

Men who read this are probably still busy checking their thumbs

### Dressmaker & alterations

Connie (lives at Salisbury East) and is very good and reasonable too!

Phone Number: 8285 1691