



PROFESSIONAL PROFILE – JILL HUNTER

INCORPORATING:

•
OCCUPATIONAL
THERAPY

•
PODIATRY

•
NATUROPATHY

•
EXERCISE
PHYSIOLOGY

•
COUNSELLING

•
MASSAGE
THERAPY

•
PERSONAL
TRAINING

•
CORPORATE
HEALTH
PROGRAMS

CLINICAL

Jill Hunter graduated from Curtin University in 1999 with a Bachelor of Science in Podiatry. Her previous work at Armadale Community Health Centre allowed her to work with the **child development** team which assessed children as they went through skeletal maturity. This enables her to detect initial delays in the development and aid in the assessment and treatment of children's biomechanical problems. She treated a lot of children who had difficulty walking correctly (pigeon toes, knock knees, toe-walking, flat feet, low muscle tone, cerebral palsy, lack of co-ordination, clumsy kids etc).

She also liaised with a team of doctors and fellow podiatrists to develop a **diabetes-screening tool**. This is used in the detection of early complications. An education program consisting of seminars and screenings, focusing on lifestyle changes to prevent these secondary conditions was also developed.

Jill started focusing on **biomechanical podiatry** 6 years ago. This consists of assessing the way that people are walking and determining how this affects the rest of their body. The way our feet move is genetic. Chronic back, hip, knee and ankle pain that is aggravated by walking and standing is generally contributed to by the movement of the feet. Increased exercise exacerbates these symptoms and therefore Jill has been working closely with a variety of sporting clubs and organisations to improve the biomechanical stability of the weight-bearing joints, resulting in increased performance. She has worked with rugby and soccer clubs, is the podiatrist for the Swan Districts Football Club and has been involved in seminars for cyclists, swimmers, triathletes and gymnasts.

Jill is also very interested in **soft tissue** therapy. She is one of the few podiatrists in Perth that works on the muscles and tendons of the feet in order for them to work as efficiently as possible. This can help to relieve achy feet, bunion pain, neuromas, arthritic pain and can also help feet adjust to orthotics more effectively.

ROLE AT THE CLINIC

Jill is the senior podiatrist at Perth Integrated Health Clinic and has found working with a team of health practitioners, including Occupational Therapists, Exercise Physiologists and Naturopaths, to be highly beneficial to both her patients and self. Jill focuses mainly on biomechanical assessment and gait analysis of all ages, with view for orthotics as needed.

Jill provides the podiatric involvement with the wellness groups of the clinic, including cycling and pole walking, via seminars and screenings. She is also an active participant in the regular workshops in the clinic that are a chance to educate and improve the health of the public.

SOCIAL

Jill enjoys spending time at the beach with friends, cooking and watching the mighty Dockers play to win. She also trains and plays netball to keep fit.