



# PODOLOGIE

- PREZENTARE -

**PIERRE**  
**GUILLAUME**  
LEPODOLOGUE.RO



**EVALUARE  
PREVENTIE  
DIAGNOSTIC  
TRATAMENT**

**PIERRE  
GUILLAUME**  
LEPODOLOGUE.RO



**STIINTA  
PREGATIRII  
SPORTIVE**

**BUNA ZIUA! BONJOUR! HELLO!**

# Pierre Guillaume

**PODOLOG ATESTAT**

Ecole de podologie D'Assas, Paris

PODIATRIE

PODOLOGIE

PEDICHIURA MEDICALA

## EXPERIENTA

20 ani

Expert tratare patologia piciorului

Specialist in traumatologia sportiva a piciorului

Reechilibrare posturala si biomecanica

Reeducarea mersului

Imbunatatire practica sportiva

## ACTIVITATE

---

Diagnosticarea si tratarea afectiunilor postural-traumatice,  
si a malformatiilor ereditare ale membrelor inferioare

---

Colaborari in cadrul clinicilor si spitalelor:

**Spitalul Monza, Spitalul Floreasca, ProVITA**

---

Colaborare cu medici renumiti impreuna cu care a avut  
rezultate de echipa excelente

## CU CINE FACE ECHIPA PODOLOGUL ?

---

Ortopedul

Kineto-terapeutul

Osteopatul

Neurochirurgul

Preparatorul sportiv

Antrenorul



# CINE ARE NEVOIE DE PODOLOG ?

---

## **Sportivii** (Cativa dintre pacientii mei)

- Handbal - CSM Bucuresti si Echipa nationala de handbal a Romaniei, Dinamo Bucuresti
- Baschetbalisti
- Balerini - Opera Nationala
- Fotbalisti - LPF
- Jucatori de tenis
- Scimeuri
- Atleti – maraton si semi-maraton Paris

## **Angajati in corporatii**

## **Antreprenori**

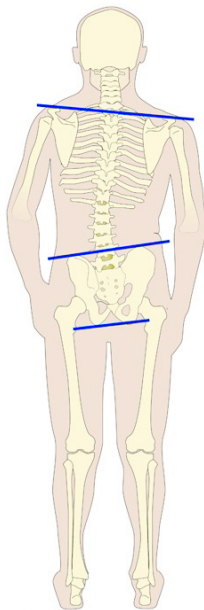
## **Profesori**

## **Cadre militare, pompieri**

Acestia pot fi ajutati in activitatea zilnica, sa-si imbunatateasca semnificativ calitatea sanatatii, in activitatea sportiva si recuperarea tonusului necesar unei vietii echilibrate.

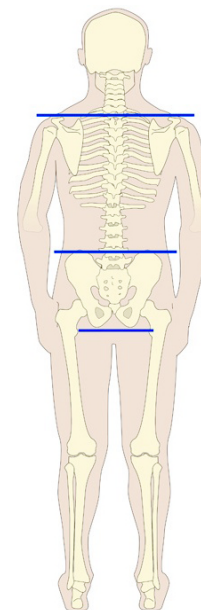
# DE CE PODOLOGIE POSTURALA ?

---



## La posture déséquilibré

- A. Contraintes articulaires anormales
- B. Souffrance et usure des cartilages
- C. Douleurs du dos et des articulations
- D. Tensions musculaires
- E. Souffrance tendineuse
- F. Claquages, tendinites
- G. Mauvais rendement sportif



## La posture équilibré

- A. Suppression de contraintes articulaires anormales
- B. Diminution et disparition de la souffrance et de l'usure des cartilages
- C. Diminution et disparition des douleurs du dos et des articulations
- D. Suppression des tensions musculaires
- E. Disparition des souffrances tendineuses
- F. Absence de claquage et de tendinite
- G. Augmentation des performances sportives

# CAND MERGI LA PODOLOG ?

---

## **Podo-Posturologii ajuta la rezolvarea urmatoarelor patologii:**

Picior plat sau cav, hallux valgus, metatarsalgie, fasciita plantar, spina calcaneana, picior valg sau var, genunchi valg sau var, piciorul diabetic, picioare reumatice genunchi flessum sau recurvatum, “strabism” convergent si divergent al rotulei, asimetria centurilor scapulare si/sau pelvice, hiperlordoza si/sau hipercifoza a coloanei, scolioza “ascendentă” a oricarui segment al coloanei.

# CAND MERGI LA PODOLOG ?

---

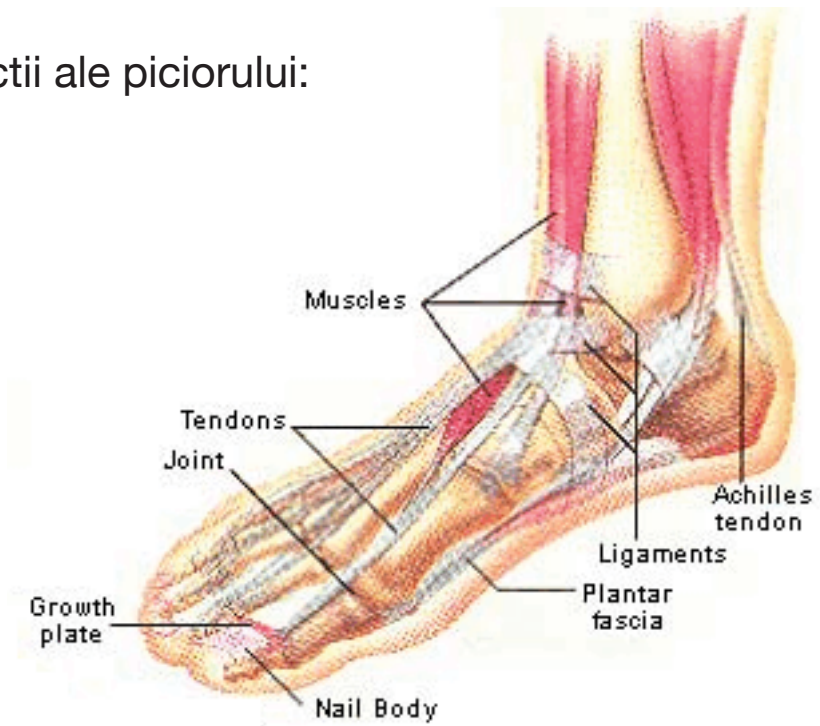
- Cand te dor picioarele
- Cand observi o problema de mers
- Cand te doare spatele
- Cand vrei sa iti imbunatatesti performanta sportiva
- Cand vrei sa previi accidentarile
- Cand observi un dezechilibru de postura
- Cand ai problema la picior-monturi, picior deformat, rotatie de sold, genunchi in rotatie interna
- Cand ai o problema la pielea piciorului, o unghie incarnata etc

## SCOPUL MEU

---

Reprogramarea celor 3 functii ale piciorului:

- Amortizarea
- Stabilitatea
- Propulsia



## **BENEFICII**

---

Postura corecta

Picior sanatos

Mers corect

Alergare corecta

Incaltaminte corecta

# METODE SI TEHNICI DE TRATAMENT

---

Un proces in 4 etape

## 1. EXAMENUL CLINIC BIOMECHANIC

- Bilant Articular
- Bilant Muscular
- Bilant Dermatologic



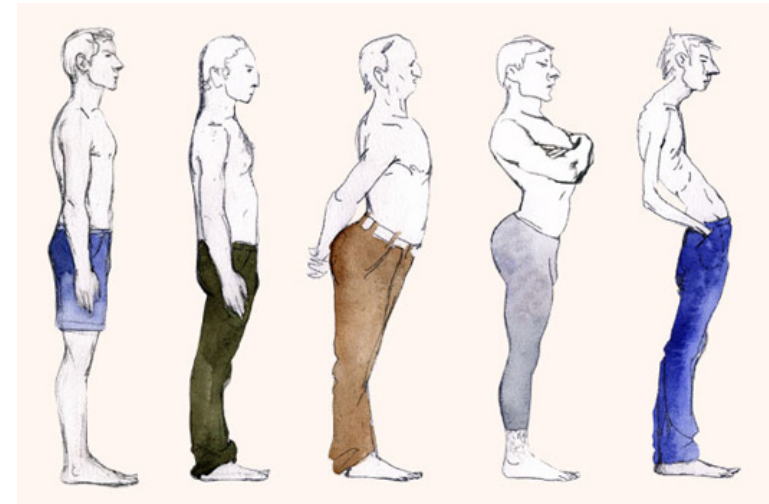
# METODE SI TEHNICI DE TRATAMENT

---

Un proces in 4 etape

## 2. ANALIZA POSTURAL STATICA

- Bilant postural global
- Bilant postural podologic
- Analiza repartizarii de presiuni



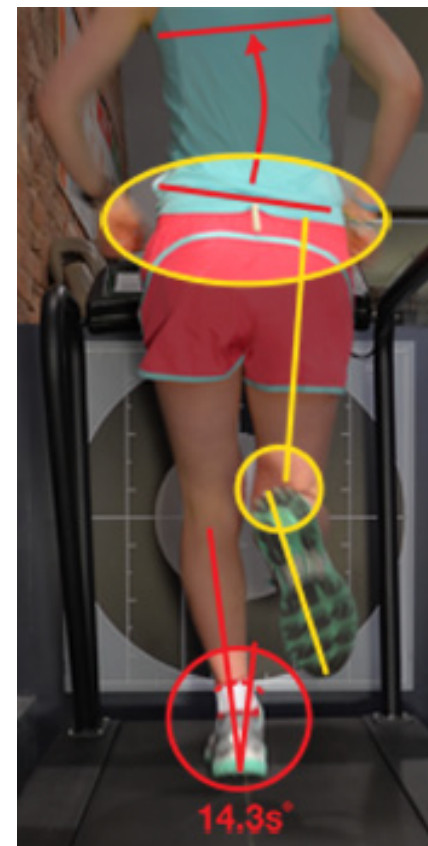


# METODE SI TEHNICI DE TRATAMENT

Un proces in 4 etape

## 3. ANALIZA POSTURAL DINAMICA

- Analiza de mers
- Analiza de alergare



# METODE SI TEHNICI DE TRATAMENT

---

Un proces in 4 etape

## 4. DIAGNOSTIC SI TRATAMENT PERSONALIZAT

- Tratament Kinetoterapic activ sau pasiv
- Tratamentul fizioterapic
- K taping sau taping therapy
- Tratamentul ortetic plantar (talonete)
- Recomandare de incaltaminte, sosete, orteze



## DESPRE TALONETE

---



**TEHNICI SI MATERIALE  
MADE IN FRANCE  
(SIDAS-PODIATECH)**

**Materialele si tehnicile folosite  
sunt esentiale in reusita tratamentului.**

## DESPRE TALONETE

---

**PERSONALIZAT  
LUCRAT MANUAL**



prin INA MEDICAL - furnizor oficial in Romania



**MATERIAL PREMIUM QUALITY  
MADE IN FRANCE**

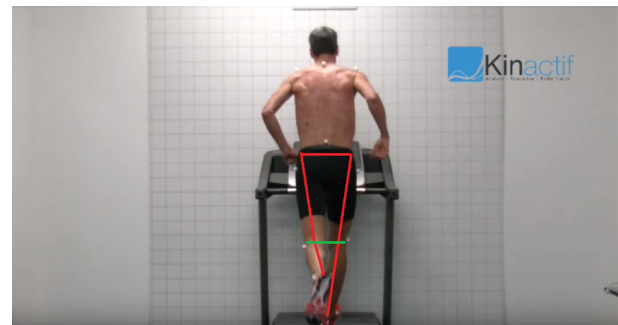
**GARANTIE  
6 LUNI**

# CE INSEAMNA TALONETELE SI CUM SE CONFECTIONEAZA ?

---

VIDEO:

<https://www.youtube.com/watch?v=RYKrAW5Mpbk>



Rearmonizare Biomecanica

**VA MULTUMESC !**  
**MERCI BEAUCOUP !**  
**THANK YOU !**



**PIERRE**  
**GUILLAUME**  
LEPODOLOGUE.RO

**PODOLOG**

(+4) 0753 354 381  
[contact@lepodologue.ro](mailto:contact@lepodologue.ro)