



Bénédicte Jonqua

Podiatrist, treatment of foot diseases and disorders

Competences

Medical pedicure

- Pedicure treats epidermal and nail disorders: ingrown toenails, corns, calluses, nail and skin fungus, plantar warts, cracks, etc.

Podiatric assessment

- Complete static and dynamic assessment of the foot and its interaction with the locomotor system

Plantar orthosis

- After examination, if necessary, we make custom-made orthopaedic insoles directly scanned in 3D under the foot.
- Removable orthopaedic devices, with analgesic, corrective, compensatory or preventive aims.
- The fitting is possible for children, sportsmen, active people and even the elderly.

Education

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| 2024 | <ul style="list-style-type: none">• 1.10 PEACE & LOVE Management of acute injuries, La Clinique du coureur• Postural analysis in paediatric podiatry, 4FootSolution, Lyon, France• Field care: pathologies of the long-distance runner: treatments and protocols in the practice before the race and in the field during a race, Podo Swiss Running, Vevey, Switzerland• Les experts du running, 4FootSolution, e-learning |
| 2022 | Volodalen, Podology and natural motor preferences, Level 1 |
| 2022 | <ul style="list-style-type: none">• Initial AFGSU 2, Level 2 emergency care training, AlterDokeo, Lyon, France• Static & dynamic podobarometry, Eduprat, Lyon, France |
| 2021 | Static and dynamic examination of the child's foot, Association for Continuing Education of Podiatrists, Lyon, France |
| 2020 | La clinique du coureur, Lyon, France :
1.0 New developments in the prevention of running injuries
1.1 Diagnosis and treatment of running injuries: practices
1.3 Management of the runner's foot |
| 2016 | Heat-sealed night restraints, Connaissance & Evolution, Lyon, France |
| 2013 | K-TAPING, K-TAPING international Academy, Aix-en-Provence, France |
| 2010 | Foot Reflexology, santeform, Bourg en Bresse, France |
| 2006-2009 | State diploma in chiropody, Centre Hospitalier Universitaire, Bordeaux, France |

Work Experience

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| since 2023 | Registered podiatrist, Clinique de Genolier, Clinique de Montchoisi, Switzerland |
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- 2024 Foot care in the field: treating the pathologies of runners taking part in the Swiss Peaks, an ultra-trail with varied courses of 660 km and 360 km, from Oberwald to Bouveret, in the canton of Valais.
- 2014-2022 Podiatry practice, Lyon Part Dieu, France :
- Creation of a practice in a multidisciplinary centre in the city centre - business district
 - Creation and management of the SCI of the paramedical centre
 - Running awareness workshop - analysis of running stride
Run in Lyon | Lyon | October 2021 | HARMONIE MUTUELLE
 - Workshop to analyse the stride and posture as part of a sporting activity
Company Cup: the 1st inter-company multi-sports challenge in France and Switzerland
 - *Anney | July 2022 | HARMONIE MUTUELLE*
- 2010-2014 Podiatry practice, Montluel, France :
- Creation of a practice within a multidisciplinary centre in a rural area
- 2009-2010 Podiatrist, replacement - collaboration, Lyon, France

Memberships

Member of Podo Swiss Running, the association of chiropodists passionate about sport. Thanks to a team of experienced chiropodists trained in sports foot care, Podo Swiss Running helps athletes improve their performance and prevent injuries.

[Podo Swiss Running](#)

Accreditation

[Clinique de Montchoisi](#)

[Clinique de Genolier](#)

Specialties

[Podiatry](#)

Contact

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