



# Bénédicte Jonqua

Podiatrist, treatment of foot diseases and disorders

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## 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

2024	<ul style="list-style-type: none"> <li>• 1.10 PEACE &amp; LOVE Management of acute injuries, La Clinique du coureur</li> <li>• Postural analysis in paediatric podiatry, 4FootSolution, Lyon, France</li> <li>• 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</li> <li>• Les experts du running, 4FootSolution, e-learning</li> </ul>
2022	Volodalen, Podology and natural motor preferences, Level 1
2022	<ul style="list-style-type: none"> <li>• Initial AFGSU 2, Level 2 emergency care training, AlterDokeo, Lyon, France</li> <li>• Static &amp; dynamic podobarometry, Eduprat, Lyon, France</li> </ul>
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

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 : <ul style="list-style-type: none"> <li>• Creation of a practice in a multidisciplinary centre in the city centre - business district</li> <li>• Creation and management of the SCI of the paramedical centre</li> <li>• Running awareness workshop - analysis of running stride <i>Run in Lyon / Lyon / October 2021 / HARMONIE MUTUELLE</i></li> <li>• Workshop to analyse the stride and posture as part of a sporting activity <i>Company Cup: the 1st inter-company multi-sports challenge in France and Switzerland</i></li> <li>• Annecy / July 2022 / HARMONIE MUTUELLE</li> </ul>
2010-2014	Podiatry practice, Montluel, France : <ul style="list-style-type: none"> <li>• Creation of a practice within a multidisciplinary centre in a rural area</li> </ul>
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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