



Bénédicte Jonqua

Podologue, prise en charge des pathologies et affections du pied

Competenze

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.

Formazione

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

Esperienze professionali

dal 2023 Registered podiatrist, Clinique de Genolier, Clinique de Montchoisi, Switzerland

2026	Participation as a member of the medical team during the Marathon des Sables Morocco – Atlantic Coast, providing care to runners before, during, and after the race in the desert, over distances of 70, 100, or 120 km
2025	Press coverage – L'ÉQUIPE newspaper: Article: “Getting off on the right foot: the secret to trail runners’ success” – expertise on foot injuries in trail running and ultra-trail
2024–2025	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
2024	Participation as a member of the medical team during the Marathon des Sables Jordan – Wadi Rum, providing care to runners before, during, and after the race in the desert over distances of 70, 100, or 120 km
2014–2022	Podiatry practice, Lyon Part Dieu, France : <ul style="list-style-type: none"> • 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 <i>Run in Lyon Lyon October 2021 HARMONIE MUTUELLE</i> • 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> • <i>Anecy July 2022 HARMONIE MUTUELLE</i>
2010–2014	Podiatry practice, Montluel, France : <ul style="list-style-type: none"> • Creation of a practice within a multidisciplinary centre in a rural area
2009–2010	Podiatrist, replacement - collaboration, Lyon, France

Appartenenze

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](#)

Member of AIRPOD, a professional community of podiatrists dedicated to foot health, sports medicine, and the sharing of knowledge.

[AIRPOD](#)

Accreditamento

[Clinique de Montchoisi](#)

[Clinique de Genolier](#)

Specialità

[Podologia](#)

Contatto

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