SWISS MEDICAL NETWORK



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	• 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	• 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 : • 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* • *Annecy | 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

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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