

Exceptional footcare for all ages.

J. Richard Werkman
CHIROPODIST



Footcare Newsletter: Spring 2013

May is Foot Health Month



Let's Stamp Out Foot Problems

Each May, Chiropractors/Podiatrists around the world raise awareness about foot health issues and the unique qualifications of Chiropractors/Podiatrists to treat them. [Read more](#)

In Ontario, Chiropractors/Podiatrists are regulated by the College of Chiropractors of Ontario. [Read more](#)

The Werkman Family Update from Door to Door

From Home to Office

It's hard to believe that another year has flown by and we're once again writing a family update. Not only has our immediate family flourished, our extended family has too. We're so proud!



Sarah graduated from Grade 10 and will continue working at McDonalds... [Read more](#)



Rachel is in decision-making mode. Will it be Brock or York for her B.Sc. Nursing? [Read more](#)



Kaitlin has completed her second year of Podiatry studies at Queen Margaret University... [Read more](#)



Edith, Rick's sister, will be covering for Vicki this summer on Monday's and Friday's. [Read more](#)

Nephew, **Michael** (Edith's son) was featured in the May 2013 edition of NRG... [Read more](#)

Niece, **Kim** will continue working with us until she relocates to the Niagara Region... [Read more](#)

Nomita Kumar-Singh Re-Joins the Team!



We are also delighted to announce that Nomita Kumar-Singh be re-joining the Werkman Chiropody team one day a week.

Nomita, husband Karun Singh and their 2 year old twin girls are returning to Canada from Boston, where Karun recently completed postdoctoral research in Li-Huei Tsai's laboratory at the Picower Institute at the Massachusetts Institute of Technology. [Read more](#)

NEW! Medi-Pedi at Werkman Chiropody



Pretty Up Those Toes!

We're launching a new MediPedi service. You can now enjoy the application of Dr.'s REMEDY® Enriched Nail Polish* to your toenails immediately after your routine footcare appointment. [Read more](#)

Need New Shoes?



Enjoy Spring & Summer in Style!

We're carrying a wide variety of shoes in our footcare clinic. We are asked all the time about the best shoes to wear for support and with orthotics. You asked and we answered. Stop by and check out the selection. [Read more](#)

NEW! Nail Restoration System



KeryFlex - Professional Nail Restoration System

The KeryFlex system offers an innovative, cosmetic (non- permanent) solution to managing [onychomycosis](#) (fungal nail). Safe, nonsystemic in-office application that restores the appearance of the natural nail. The new nail is both flexible and durable. See the [Before and After photos](#)

Thank you Burlington CrossFit Connection



Guido 2013 Team Update

Daughter Rachel and other members of the Guido 2013 HANDS Team left for Hato Nuevo in the Dominican Republic on March 7 to assist with the ongoing construction and repairs at Collegio Cristiano La Esperanza. [Read more](#)

Going the Extra Mile for Patients AND the Earth



Certificate of Environmental Accomplishment

We care about the privacy of our patients and protect their personal and confidential information by supervising the shredding of all patient-related paper documents. [Read more](#)

14 of the Most Nagging Foot Problems

Condition #14 - Metatarsalgia



Metatarsalgia is a general term for pain in the area of the metatarsophalangeal joints (ball of the foot). Most common causes include Freiberg's disease, interdigital nerve pain... [Read more](#)

Condition #13 - Bunions

[Bunions](#) are enlargements of bone on the first toe joint. Some of the causes of bunions may be footwear, disease, genetics and **over**-pronation. Pronation is part of the natural movement that occurs when walking or running. [Read more](#)

Condition #12 - Neuromas



A neuroma is a growth or tumor of nerve tissue that occurs in the ball of the foot, between the metatarsals. Neuro- is from the Greek word meaning nerve and the suffix -oma denotes swelling. [Read more](#)

Condition #10 & 11 - Foot & Ankle Strains and Sprains

Sprains are an injury to a ligament; the tough, fibrous tissue that connects bones to other bone. Ligament injuries involve a stretching or tearing of this tissue. Sprains typically occur when people... [Read more](#)

Werkman Chiropody Blog



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Give us a call to book your appointment or send us an email today! We're looking forward to seeing you again soon! Visit the [contact page](#) of our website at www.werkman.ca/contact-us/ to see clinic hours and to book an appointment.

Routine Foot Care | Corns and Calluses | Plantar Warts | Thick or Ingrown Nails
Heal/Arch/Foot Pain | Custom Made Orthotics | Nail Surgery | Diabetic Footcare and Education

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