

Exceptional footcare for all ages.

J. Richard Werkman
CHIROPODIST



March 2013 Newsletter

March Break Cometh!



Give Them Happy Feet

March break is always a busy time for parents, kids and sports enthusiasts of all ages. The weather doesn't matter... having fun does!

Whether it's skiing or snowboarding, indoor soccer or tennis, running, walking, ballet or gymnastics, take care of your family's feet. Book your March Break appointment(s) today and enjoy life! See [Clinic hours](#)

14 of the Most Nagging Foot Problems!

Condition #10 - 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 fall and land on an outstretched arm, slide into base, land on the side of their foot, or twist a knee with the foot planted firmly on the ground. [Read more](#)

Condition #9 - Achilles Tendinitis

Tendinitis is the inflammation of a tendon. Inflammation is the body's natural response to injury or disease, and often causes swelling, pain, or irritation. Tendons attach a muscle to a bone. When a tendon is overly stressed, usually as a result of poor biomechanics coupled with increased mileage, a tendon can become inflamed. [Read more](#)

Condition #8 - Heel Spur

A heel spur is a bony growth that occurs where the plantar fascia attaches to the heel. Heel spurs are a secondary symptom of plantar fasciitis, an inflammation of the plantar fascia which is the fibrous band that runs along the bottom of the foot and maintains the arch. [Read more](#)

Condition #7 - Sesamoiditis

Sesamoiditis is an inflammation of the region around the tiny sesamoid bones, which are actually inside

tendons that run to the big toe. High impact activities which may irritate the tendons or cause damage to the bones; a sudden increase in activity levels. [Read more](#)

Condition #6 - Blisters

Blisters are the accumulation of fluid between the skin's inner and outer layers. These fluid filled bubbles are caused by friction, excessive moisture and/or shoes that are too tight or too loose. They are rarely serious but can become infected and force you to stop running if not treated properly. [Read more](#)

Rachel Werkman...

Update on Guido 2013 HANDS Team!

Kudos to everyone at [Burlington CrossFit Connection](#) who helped Rachel raise 82% of her total financial goal for the Guido 2013 HANDS Team mission. Their support was absolutely amazing and we are truly grateful! [Read more](#)

Eight Pages to Enlightenment

Understanding Claims for Footwear and Orthotics



When the Canadian Life and Health Insurance Association Inc. published their reference document, "[Understanding Claims for Footwear and Orthotics](#)" we jumped for joy! Now there is an easy to understand document meant to educate employees on insurance requirements and benefit coverage for orthotics/footwear. [Read more](#)

Werkman Chiropody Blog



Would you like to receive updates about new products, services, special offers and what's new in the clinic? Subscribe to our blog. Click on the Subscribe RSS symbol at www.werkman.ca/blog and you'll receive fresh news twice a month! Or simply tell us, "sign me up today".

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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