

*Exceptional footcare for all ages.*

J. Richard **Werkman**  
CHIROPODIST



## Footcare Newsletter: March 2012

### Six Simple Ways Athletes of all ages can improve performance!

Feel good about your sport! Here are six simple ways athletes - regardless of age or activity of choice, can improve their performance. Common sense? Well, that's the funny thing... apparently it's not all that common!

**Simple Way #1:** Stretch. Before and after you run, walk, play or compete. It's the easiest, most effective thing you can do for your body, and it will help eliminate injuries and stiffness.

**Simple Way #2:** Proper footwear. Make sure you're wearing the proper footwear designed for your sport. And don't be shy about asking your Chiroprapist to make modifications to your footwear.

**Simple Way #3:** Orthotics. These devices are custom designed to alleviate the pain and discomfort you may suffer from foot disorders such as fallen arches, heel spurs, bunions, sport injuries, etc.

**Simple Way #4:** Compression stockings for recovery. Compression therapy is the application of external pressure to the limb to reduce venous pressure within the limb. Wearing graduated socks or stockings will support your veins and increase circulation, reducing swelling and the feeling of tired, achy legs.

**Simple Way #5:** Taping and strapping. Depending on your sport, taping and strapping combined with the other performance strategies mentioned here can positively impact your performance and enjoyment!

**Simple Way #6:** Proper footcare. You count on your feet to help you perform to the max. That's why caring for your feet is so important. Routine footcare, ingrown nails, corns and calluses (and many other conditions) are all treated by your Chiroprapist!

Get out there and have fun!

### We're Open During March Break – March 12-16

Book your appointments today!

### Biofreeze and Amerigel: Every Athletes Best Friends



**Biofreeze Pain Reliever** delivers targeted pain relief with the benefits of cryotherapy to treat athletic and muscle related injuries, sore or strained muscles, shoulder and arm discomfort, neck, hip and leg pain, back pain, painful joints, ankle or foot pain, and pain associated with bruising, and arthritis.



#### **Ideal skin care for people with diabetes**

- Re-hydrates, moisturizes and reconditions the skin to prevent skin breakdown, the leading cause of diabetic ulcers.
- Exfoliates dry skin, fights bacterial and fungal infections and reduces skin inflammation.

**Amerigel** is known as “first-aid for your skin”. This all-in-one therapeutic skin conditioner addresses multiple complaints with one product. A must for every medicine cabinet.

#### **Addresses multiple skin conditions**

- **FEET** – fungus in-between toes, softening corns and calluses, cracked leathery heels, discolored nails, blisters and sunburns.
- **Quick absorbing.** Penetrates beneath the surface to heal from within provides instant relief from itching due to rashes, insect bites and sunburn. Softens and exfoliates dry skin build-up.
- **3-in-1 moisturizer/conditioner** for dry skin relief and protection.
- **Recommended for** sensitive skin. Fragrance FREE, Dye FREE and Steroid FREE.

We’re looking forward to seeing you again soon!

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

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