

Exceptional footcare for all ages.

J. Richard Werkman
CHIROPODIST



Winter Footcare (Brrrr... it's cold outside!)

February 2014

Warts Warts Go Away!



Introducing CryoProbe...

We're introducing a new cryotherapy treatment for warts that is extremely accurate and very effective. While cryotherapy is not new, the CryoProbe is!



How it works: The CryoProbe micro-jet adjusts to every lesion regardless of shape or size. It allows the application to be accurate to the millimeter and treats only abnormal tissue avoiding collateral damage to adjacent healthy tissue. [Read more](#)

Patients experience only minor discomfort. The result is a longer treatment and a deeper freeze for more effective results. No anesthesia, little to no pre-operative skin... [Read more](#)

Perfect (and oh so thoughtful) Gifts

Ready for some new gift ideas? Enjoy the Werkman Chiropody staff picks from Dr. Comfort, Biotime, SIGVARIS, goSeamless and more...



Shoes and slippers by Dr. Comfort

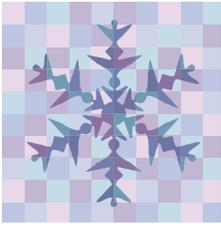
Dr. Comfort is among the worldwide leading providers of diabetic footwear. Dr. Comfort recognizes the need for STYLE, COMFORT and QUALITY in the therapeutic shoe industry. Today, Dr. Comfort's family of comfort footwear line includes diabetic shoes, prescription and non-prescription inserts, diabetic socks, slippers, sandals and compression hosiery. [Read more](#)



Gift Certificates - The Perfect Fit Every Time.

Not sure about size, colour, or style preference? Give the gift that lasts all year long. Footcare from the professionals at Werkman Chiropody. We love feet! Talk to us today about your gift recipient... maybe we can offer a few ideas! [Read more](#)

Winter Update & Family News



Family News:

- Sarah is in Grade 11 at Guido deBres Christian High School and still enjoys her part-time job at McDonalds.
- Rachel continues her nursing studies Brock University in St. Catharines.
- Kaitlin continues to study podiatry at Queen Margaret University in Edinburgh, Scotland. [Read more](#)

Feet + Winter Sports: What About My Orthotics?



We're often asked if custom made orthotics should be used in winter foot gear.

The answer is a resounding "yes". Absolutely use your orthotics in skates, boots and other winter foot wear. Sometimes though, specialty footwear (skates, ski boots, and the like) may be narrower than a typical running shoe, so we recommend fabricating orthotics specifically for the sport. Even if the sport is snow shovelling!

Chilblains: Those Small, Red, Itchy Swellings on Toes



Wouldn't you just love to be on a warm tropical island right now and away from these bone chilling temperatures, ice (oh, the ice) and snow? Do yourself a favour and pay extra attention to your feet during the winter months, especially if you have circulation problems or [diabetes](#). Keeping your feet healthy during the winter will be rewarded by the enjoyment of warmer weather when it comes. [Read more](#)

Tips for Winter Running



[Slow down, modify your stride and work on muscles to avoid injuries.](#) Sticking with an outdoor winter regimen of running means keeping two things in mind: You need to slow down, and you'll be better off if you spend some time in the gym strengthening your muscles to help avoid injuries. [Read more](#)

Performance Review on New Year's Resolutions (ohhh)



Ever wonder how many people make New Year's Resolutions and how many actually achieve them? We found some interesting statistics on Statistic Brain, verified by the University of Scranton, Journal of Clinical Psychology related to the return on investment (ROI) for making New Year's resolutions. [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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Call. Click. Come By. Today!

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