

Exceptional footcare for all ages.

J. Richard **Werkman**
CHIROPODIST



Footcare Newsletter: Summer 2012

Footcare/Footwear Boot Camp



The sun is shining, temperatures are on the rise, and we're opting to liberate our feet from socks and closed-in footwear in favour of airy summer sandals and light-weight shoes. But - did you know that summer footwear combined with warmer weather and less attention to the feet can be a recipe for cracked heels, blisters, crops of new corns and calluses, outbreaks of athlete's foot and a myriad of other painful problems?

Enlist in our Footcare/Footwear Boot Camp and your feet will be healthy and happy recruits all summer long!

Footcare/Footwear Boot Camp – Drill #1

Beware going bare! Being barefoot is a natural part of summer and does have its advantages over short periods of time, but it is never recommended for outside the home. And if you are diabetic, it is never recommended period. There are far too many hazards in our environment to risk walking or running barefoot. Too often injuries occur from punctures, cuts and scrapes. Being barefoot may have been great for the apes – but their feet never wore shoes and never felt shards of glass!

Footcare/Footwear Boot Camp – Drill #2

Save the flip flops for the pool. Flip flops are THE worst footwear for anything other than poolside. Yes, they help protect your feet from fungus and other nasty bugs growing on pool decks, but that's where their protection ends. Flip flops can't provide support or shock absorption because there is nothing to them. We regularly see strains, sprains and fractures because of flip flops. Look for alternatives in sandals mimicking a thong but with added arch support and a padded sole. Still not convinced? Put on your flip flops and look down at your toes as you walk. Those poor little things are curling because they're trying to get a grip!

Footcare/Footwear Boot Camp – Drill #3

Change it up! Wearing the same footwear can abrade the skin and raise blisters where delicate skin meets dutiful straps. Give your feet a healing break by alternating your choice of footwear daily.



Footcare/Footwear Boot Camp – Drill #4

Salute fashion before comfort on special occasions rather than every day.

We know how important it is to wear those killer shoes, but remember - they're slowly murdering your feet. Think quality time not quantity.

Footcare/Footwear Boot Camp – Drill #5

Combat cracked heels and calluses with care, daily. It takes 28 days to create a new habit. Every night before bed, massage a good skin cream into problem areas and soon you'll be able to declare victory on de feet.

Footcare/Footwear Boot Camp – Drill #6

Beware the Pedicure. While a pedicure is a wonderful treat for the feet, it comes with risks. We always recommend you ASK about sterilization procedures and watch what happens after other clients leave. Does the next client immediately sit down or is there a period for cleaning and sterilizing that takes place? We strongly suggest you play it pedicure-safe. Take your own tool kit as well as base, colour and top coat with you. Pedicures that are light on the pocketbook can be extremely heavy on foot health should an infection or fungus set in. Last point, anything that involves cutting skin (shaving calluses, trimming cuticles) should be left to a medical professional.

Footcare/Footwear Boot Camp – Drill #7

Sandal and shoe shop at the right time. The higher the temperature, the more feet tend to swell. Mid-afternoon is typically when feet are largest and that makes it the best time to duck inside a store to cool off and try on new footwear.



Footcare/Footwear Boot Camp – Drill #8

Sandals + Orthotics = Happy Feet! There was a time when orthotics wouldn't fit into sandals and other summer shoes. But no more! A number of fashionable and functional sandals are made with removable foot beds so you can slip your orthotics in. Rejoice!

Footcare/Footwear Boot Camp – Drill #9

There's fungus among us! Fungus is an infection and should be dealt with quickly and effectively with aggressive remedies. Avoid trying to cover up cloudy nails – deal with them and get professional care.

Footcare/Footwear Boot Camp – Drill #10

Declare war on damp, sweaty feet. Not only can damp and sweaty feet produce an odour like no other, they are also the perfect breeding ground for a variety of common conditions such as athlete's foot, nail fungus, and plantar warts. Try rolling on a liquid antiperspirant to reduce moisture. Avoid sprinkling powder in your shoes and sandals. Mixing a powder with perspiration will create a paste.

Bonus Boot Camp – Drill #10.5

Enjoy the thrill of the chill! Dunking hot feet in cool water for 10-15 minutes not only contributes to foot health – it also cools you down and relaxes you.



See your Chiropractor regularly throughout the summer. Enjoy the season and remember to wear your sunscreen – even on the tops of your feet.

At ease!

Don't Leave Without Them: Our Clinic's One Stop Shop!



With the price of gas these days, who wants to drive all over town trying to find products that have been suggested for home use? While there's not much we can do about gas prices (other than cringe), we can offer a practical and affordable solution to driving all over town. Here are some of the products we not only use in the clinic but recommend and keep in stock for home use – ready to go when you are!

Amerigel. Known as “first-aid for your skin”. This all-in-one therapeutic skin conditioner addresses multiple complaints with one product. Also recommended for daily diabetic skin care. A must for every medicine cabinet. **\$20/8oz. bottle**



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. **\$18**

Dr.'s REMEDY Enriched Nail Polish. The only over the counter enriched polish, created by doctors, designed to be free from harmful toxins found in most commercial nail polish (DBP, Toluene and Formaldehyde). Use Dr.'s REMEDY® as a healthy alternative to commercial nail polish, and especially if you suffer from: nail fungus, brittle, discoloured nails, have an allergy to chemicals in commercial nail polish, or are pregnant. **\$15/bottle**



- **Special Offer #1:** For every two bottles of Dr.'s REMEDY® Enriched Nail Polish (base, colour, or top coat) purchased from now until August 31, 2012 we'll give you Dr.'s

REMEDY® Nail Polish Remover FREE!

- **Special Offer #2:** Purchase three bottles (base, colour, or top coat) and we'll give you the fourth bottle FREE!

goSeamlessplus Diabetic Socks. Seamless technology with a non-binding ribbed top and comfort toe, offers full cushioning that reduces friction and shearing. Antimicrobial protection and wicking properties. Quality fibers for longevity. Lots of styles and colours available for men and women. **\$15/pair**

Plantar Wart Removal Kit. Assembled with everything you need for home treatment of bothersome plantar warts, including emery board, wart removal medication (Vaseline with 50% Salicylic Acid - DIN: 00880015), bandages, cushion pads, and easy to follow directions. **\$25/kit**

SIGVARIS Active Therapy Sock. When an athlete slips on a SIGVARIS Active Therapy sock, his or her legs will instantly feel supported and comfortable, but the real benefit of wearing "true graduated compression" happens at a deeper level. All SIGVARIS Active Therapy socks use the science of true graduated compression. Available in 20-30mmHG. Prices vary according to compression and style.



SIGVARIS Medical Compression Hosiery. The ideal complement to any casual, dress or office attire. This hosiery combines all-day softness and comfort with the greatest possible durability. Soft Opaque stockings look as great as they feel, provide flawless perfection for legs and are stylish enough for everyday wear. Available in 15-20mmHG, 20-30mmHG and 30-40mmHg (Q3), 3 styles and 5 fashion-forward colours. Prices vary according to compression and style.

Night Splints for Plantar Fasciitis.

The **DARCO Body Armor® Night Splint** is the only night splint on the market today that actively engages the windlass mechanism of the foot resulting in a specific and sustained stretch to the plantar fascia and a sustained low load stretch to the flexor tendons, Achilles tendon, and calf muscles. **\$120**



Strassburg Sock. The device consists of a tubular knit material that fits "over the calf" with 2 attached adjustable straps to maintain the foot in a neutral to slightly stretched position. When worn at night the device will apply a force which results in the reduction and/or elimination of the pain felt during those first steps in the morning. **\$58**



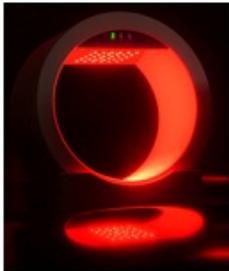
Gel Toe Separators and Toe Spreader. Our Gel Toe Spreader provides gentle, constant pressure that promotes proper joint alignment, reduces friction / irritation, and provides relief on the bunion joint. You'll notice reduced friction between adjacent toes as well. Hypoallergenic. Reusable. **\$7**

Gel Hammer Toe Crest. Even when you wear them all day—these cushions refuse to flatten. Odorless, reusable thermoplastic elastomer (TPE) Gel Toe Crest cushions can be worn by even the most sensitive toes. **\$9**

Gel Metatarsal Pads. Place Gel Ball-of-Foot Cushion under your foot for enhanced comfort TPE Gel Ball-of-Foot Cushions redistribute pressure to relieve metatarsal pain. The cushion is also ideal for alleviating discomfort caused by calluses. **\$11**

Feel confident asking us for additional information on any of our products or services during your next visit! Your inquiries are always welcomed!

Our New Dynamic Duo!



We've introduced a new non-invasive therapy as a complement to your rehabilitation regime for the treatment of diabetic wounds and neuropathy, sports injuries and osteoarthritis: **Combination Magnetic Bio-Stimulation (MBS) and Laseranalogs Light Energy System (LES) Therapy.**

MBS and LES Therapy is not intended to replace, but rather enhance your rehabilitation program that may include one or all of the following: rest, ice, compression, elevation and stretching.

By increasing blood supply and metabolism, magnetic bio-stimulation and infrared rays can be used to target a specific area, or to treat the entire body. Say **hello to healing** with our new Combination MBS/LES Therapy for:

- sports related foot injuries
- bursitis, achilles tendinitis, plantar faciitis heel pain
- muscular strains and sprains
- ulcers/wounds
- connective tissue damage
- acute and chronic inflammation
- non union fractures
- pain associated with osteoarthritic conditions

Keep in mind MBS/LES Therapy does not replace your other rehabilitation efforts, but rather works along with them. This means that taking the time to do everything you're supposed to (and not supposed to) is key to getting results! Thermograph illustration above shows the improved circulation with the light surfaces on the hands.

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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 summer hours.

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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