

Exceptional footcare for all ages.

J. Richard Werkman  
CHIROPODIST



## Getting Ready for Fall 2013

### Foot Friendly Back to School Shoes...



#### Are You Gambling With Your Kids' Feet?

It's that time again! We know you're making a list, and checking it twice, but when it comes to buying new footwear for back to school, you don't want to "roll the dice". [Read more...](#)

### Werkman Chiropody Clinic - Oakville Office Update

#### What a Sensational Summer!

We're thrilled to share the following news:



#### Highlights of our Family Trip to Italy:

We can describe our two week family vacation in Italy in one word. Favoloso! (That's Italian for [Read more...](#))

### Footwear for Fall!



**Preview the new fall fashions in footwear** from Biotime, Drew Shoe, PortoFino and of course, Brooks.

We have a great "shoe tree" in the Werkman Oakville Foot Clinic and invite you to stop by for information on sizing and pricing. Or you can browse [Read more...](#)

### Stress Fractures:



#### What You Need to Know!

Stress fractures are incomplete breaks, or hairline cracks, in bone caused by overuse, excessive pounding, twisting and repetitive actions often associated with sports activities. [Read more...](#)

### What's a Shin Splint?

**Shin splints make themselves known by creating pain** on either side of the leg bone. Ouch! They are caused by muscle or tendon inflammation. Shin splints are related to excessive foot pronation, but also may be related to a muscle imbalance between opposing muscle groups in the leg. [Read more...](#)

## Extending Canada Day, Eh?



If you decide to extend sandal season (and who wouldn't?) it means only one thing. Your feet and toenails have to be ship-shape for flip flops. We've got you covered with these great products and services. [Read more...](#)

## Planning Air Travel?

We don't usually associate risking your good foot health with air travel, but in this case, we're making an exception. Before you go through Airport Security, read this: **Barefoot Airport Security Checks Pose Risks** [Read more...](#)

## Test Your Foot and Ankle Smarts!



**Question:** How many categories do foot and ankle problems typically fall into?

**Answer:** Six

1. Acquired from improper footwear, physical stress, or small mechanical changes within the foot.

[Read more...](#)

## Werkman Chiropody Blog



Would you like to receive updates about new products, services, and special offers? Subscribe to our blog. Click on the Subscribe RSS symbol at [www.werkman.ca/blog](http://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 <http://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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