

# June 2017

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CHIROPODIST



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**Rick Werkman,** D.Ch., B.Sc., Podiatric Medicine

*Is an Oakville, Ontario based registered chiroprapist and with his qualified team of professionals provide routine foot care and treat everyday foot problems and needs, specializing in foot care solutions for all ages, from children to adults and seniors. Everyone deserves healthy feet!*

## Summer is No Time for Fungal Nail Infections!

*Be on Guard for Yellow-ish Brown Crumbling and Foul Smelling Nails.*



When everyday fungi invade the nail, the tiny organisms take hold, and the result is the nail may become thicker, yellowish-brown or darker in colour and foul smelling. While we can't avoid these microscopic organisms, we can take precautions.

### 5 Fascinating Facts About Fungal Nail Infections

- Up to 50% of nail problems are due to a fungal nail infection.
- One in five Canadians have or have had a toenail fungus infection.
- Less than 30% of Canadians believe that a nail fungus infection is contagious.
- Almost 30% of Canadians believe that nail infections are caused by poor hygiene.

- Nearly 2/3 of Canadians who suffer from toenail fungus are embarrassed about their condition.

[source: Leger Marketing Toenail Fungus Infections OMNI Results November 17, 2014]

The fungal infection of a toenail ([onychomycosis](#)) might be a common foot problem, but it's also the one that the majority of people ignore.

Here are 7 solutions that will help you reduce the risk of getting a fungal nail infection in the first place:

- **Solution #1:** Clean, dry feet resist disease. Wash your feet with soap and water, remembering to dry thoroughly, especially between your toes.
- **Solution #2:** Shower shoes (or flip flops) should be worn whenever possible in public areas.
- **Solution #3:** Shoes, socks, or hosiery should be changed daily.
- **Solution #4:** Toenails should be clipped straight across so that the nail does not extend beyond the tip of the toe.
- **Solution #5:** Use a quality foot powder with talcum, not cornstarch.
- **Solution #6:** Wear shoes that fit well and are made of materials that breathe.
- **Solution #7:** Avoid wearing excessively tight hosiery, which promotes moisture. Socks made of synthetic fiber tend to wick away moisture faster than cotton or wool socks, especially for those with more active lifestyles.

What are my treatment options for fungal nail?

- Apply a topical antifungal medication such as [Formula 3](#)
- Investigate [Noveon® Nail Laser](#)
- Consider [KeryFlex Nail Restoration System](#)
- Obtain an oral prescription medication from your family physician

How do I know for sure if I have a fungal nail infection?

Since other diseases may also cause toenail discolouration or thickening, it is best to have it assessed by a professional. A [Registered Chiropodist](#) can quickly determine whether you have a fungal infection and where treatment options are available.

Will my fungal nail infection go away without treatment?

No, the chances of it clearing up on its own are very low.

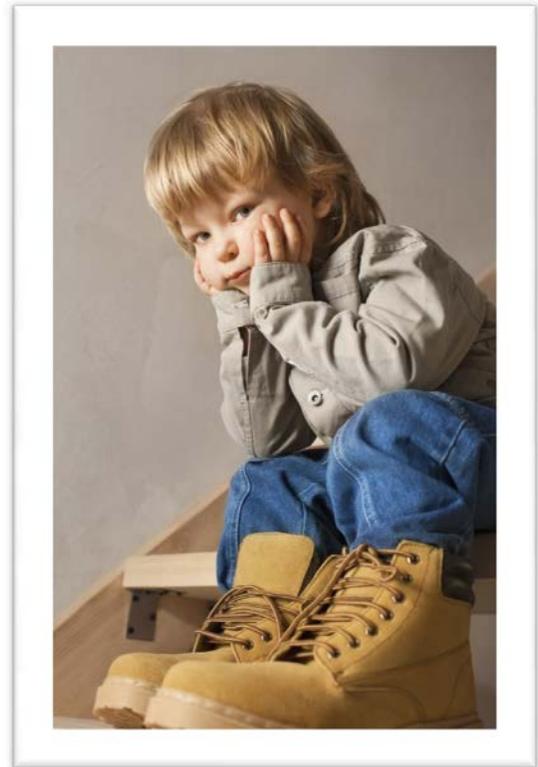
Learn more about onychomycosis ([fungal nail](#)) and talk to your Chiropodist during your next [routine foot care appointment](#). We want to stamp out fungal nail infections forever! ✂

## Oh Baby!

### *Proper Care for Little Feet.*

Did you know that children who suffer from foot pain early on have a higher probability of experiencing foot problems throughout adulthood? Prevention begins by evaluating the condition of a child's foot as early as age four.

A child should spend as much time **being barefoot** as possible from the ages of 0 – 4. This allows the muscles in their feet to develop. The exception to this is if a child has an issue that needs to be addressed such as poor balance, coordination, or posture. Children at such a young age should simply wear shoes that protect but don't necessarily support their feet.



The most common condition that afflicts children is **flexible flat foot**, a disorder caused by a foot that does not become rigid with age coupled with an increased eversion of the arch. Children younger than four typically have a flat foot, but develop an arch later in childhood. Some key indicators a child zero to four years of age may develop flexible flat foot are poor coordination, balance, posture, and strength.

#### Problems to Watch for:

- **Foot pain** is a signal to parents that their child is experiencing foot troubles. Other symptoms such as reported pain in the ankles, hips and back may also indicate the presence of a potential foot problem.
- One of the things that we as parents often forget about is a child's **core strength**. Strong core muscles make it easier to do many physical activities. Core strength directly affects the strength of a foot. Poor core strength can hinder a child's ability to run, to play sports and engage in other forms of physical activity.

- If you've noticed your child doesn't run as fast as their peers, has issues with their **balance and posture**, has underdeveloped **motor skills** or is **overweight**, there could be an underlying factor inhibiting foot strength.
- Foot problems can be **hereditary**. Parents with foot problems have a 50 percent chance of passing along similar conditions to their children.

When a child turns seven or eight, parents should begin focusing on the model and type of shoe purchased, especially if the child uses orthotics.

It's not always obvious that a child has a foot problem. But it is worth the time to evaluate the condition of little feet and to address any potential concerns early on. Being proactive could save children and parents time, money, and bothersome foot pain, injuries and surgery in their future.

Make an appointment and see your [kid-friendly Chiropodist](#) today! 



## Good Health - Feet First!

*May is World Foot Health Awareness Month.*

Footcare professionals around the globe have joined together to promote the importance of good foot health and share information on common foot conditions and ailments. You only have one pair of feet to last a lifetime! That's why you should take good care of them, and we can help!

### How Can a Chiropodist Help Me?

A Chiropodist is a specialist trained to provide routine foot and nail care and treat a variety of specific foot and ankle problems and foot related health issues.

Meet Kaitlin Werkman, B.Sc. (Hons) Podiatry, Registered Chiropodist.

Here are some of the areas of feet and ankles that Chiropodists and Podiatrists focus on:



## The A, B, Cs of Chiropody

- [Arthritis & Joint Pain](#)
- [Bunions](#)
- [Claw/Hammer Toes](#)
- [Custom Made Orthotics](#)
- [Heel Fissures](#)
- [High Arches](#)
- [Ingrown Toenails](#)
- [Nail Fungus Treatment](#)
- [Nail Surgery and Injections](#)
- [Routine Foot care](#)
- [SIGVARIS® Compression Stocking](#)
- [Sprains & Strains](#)
- [Thick Nails](#)
- [Athlete's Foot](#)
- [Calluses](#)
- [Corns](#)
- [Foot Ulcers & Wounds](#)
- [Fungal Nails](#)
- [Heel/Arch/Knee/Foot Pain](#)
- [Hyperhidrosis/Sweaty Feet](#)
- [Magnetic Biostimulation](#)
- [Nail Restoration](#)
- [Plantar Warts](#)
- [Shin Splints](#)
- [Sports Related Foot Problems](#)

## Thunderclap Us!

Throughout Foot Health Month, the Ontario Society of Chiropodists provides stats and facts to promote good foot health. This year, members have chosen [JustSocks.ca](#) to help us raise funds to provide socks for the less fortunate. Your donation of \$20 will provide 25 pairs of socks. Please join us to help our friends in need. [Thunderclap](#) us and donate! Please [spread the word](#)! See your [Chiropodist](#) or Podiatrist today! ☺



## Diabetes Canada's Position on Amputation Prevention.

*Adults are 20+ times more likely to undergo amputations.*

Diabetes is the leading cause of non-traumatic lower limb amputation in Canadian adults, associated with approximately 70% of amputations performed in hospital.

85% of amputations are preceded by a foot ulcer!

Compared to the general population, Canadian adults with diabetes are over **20 times more likely** to undergo non-traumatic lower limb amputations, 85% of which are preceded by a foot ulcer.

Diabetes foot ulcerations are often the result of diabetic neuropathy and/or peripheral vascular disease (poor circulation/blood supply to the foot); they can become infected and result in amputations. Diabetes foot complications place a tremendous emotional and financial burden on the individuals suffering from these complications, their families and the health care system.

The prevention of amputations involves regular foot exams by patients with diabetes and health professionals and evaluation of amputation risk, regular callus debridement, patient education, professionally fitted therapeutic footwear, and early detection and treatment of diabetic foot ulcers. [source: Diabetes Canada]

At Werkman Chiropody, we offer comprehensive footcare for people [living with diabetes](#). In 2016, Kaitlin Werkman, B.Sc. (Hons) Podiatry, MSc Diabetes, completed **Total Contact Casting System** training – a casting technique for weight distribution to promote healing of diabetic foot ulcers. Learn more about [TCC](#). Kaitlin has a special interest in diabetic footcare and is qualified, competent, and caring. Learn more about [Kaitlin's qualifications](#). Book an appointment with [Kaitlin](#) today! ☺



## Regular Footcare is a Team Effort!

*We Care About Your Feet.*

Healthy feet are an important part of overall good health. The bones in your feet make up about one quarter of all the bones in your body. Taking simple steps will help you maintain happy, healthy feet for a lifetime.

### What YOU can do:

- wash and inspect your feet daily
- choose appropriate footwear for every day, sports and recreation
- make sure your footwear fits in both length and width and feels comfortable
- replace footwear that no longer supports your feet
- exercise regularly to control weight, improve circulation and muscle tone
- carefully manage diabetes and other conditions that affect the feet
- book regular foot check-ups by a Registered Chiropodist

### What WE can do:

During your first appointment with us, we'll ask you lifestyle and other medical questions that will

help us get to know you, your feet and understand your current concerns and needs. Your feet will be in caring hands. You can download our [Patient Information Form](#).

#### Initial foot care check-ups include:

- comprehensive foot, nail, skin and ankle exam
  - assessing range of motion, gait analysis, circulation, sensation, colour, along with digital photos of both your feet
  - mapping of lesions (corns, calluses, moles and warts)
- diabetic foot screening (if required)
- presentation and discussion of treatment options (including immediate treatment if applicable)

#### Routine Foot Care Appointments

- toenail cutting and thinning down thickened toenail(s) (if required)
- debriding corn or callus (if required)
- monitoring of existing moles and warts
- mapping of new moles and warts

Hop on over to all the [foot-related conditions](#) we can help you with! Enjoy life to the fullest. Make your [footcare appointment](#) today. 

## 6 Techniques for Lacing Up Shoes!

### *The Art of Lacing Your Shoes!*

We've started emerging from hibernation, feeling refreshed, re-energized and ready to take on the world. Today we're sharing an excellent article written by Carolee Belkin Walker, published in The Washington Post that covers the art of lacing your shoes for maximum comfort.

["There's more than one way to lace your running shoes – and it matters which you use"](#)

You've visited your favorite running store, analyzed your gait and found the perfect shoe for you. Now you're all set to go on a run, right? Not so fast. How you lace your shoes can affect your performance and overall running experience, experts say.



"I've had runners slip on a pair of running shoes and say they feel great, but when they stand up or jog around the store or on the treadmill, they'll tell me something just doesn't seem right," said Rob Voigt, who manages the Georgetown Running Company in the District.

"I'll relace their shoes and ask them to take another jog around the store, and I already know by their smile that the lacing made all the difference."

In fact, according to podiatrist Adam Spector, of Foot and Ankle Specialists of the Mid-Atlantic in Wheaton and Rockville, **if you don't lace your shoes appropriately, your performance may suffer and you may have a less-than-pleasant experience.**

Spector is co-founder of the Montgomery County Road Runners Club's Stride Clinic to evaluate runners. He was a national-level swimmer on scholarship at George Washington University and ran for cross-training. Now, running is the centerpiece of Spector's daily exercise regimen.

Runners can suffer minor and major injuries if they do not lace their shoes optimally, Spector said. And that's because correctly lacing your perfect shoes can keep them perfect while you run. "Your foot and shoe need to become one," Spector said. "The key is to make sure the shoe fits well and then to lace your shoes so that your foot stays stable."

For example, excess side-to-side motion of your foot as you run can create irritation and shear that may result in blisters, tendinitis or other overuse injuries, according to Spector. If your foot moves from front to back, you risk experiencing a burning sensation on the bottom of your forefoot or bruising your toes, which can become increasingly painful. When the toes get irritated, possibly traumatizing the nail bed and causing bleeding under it, the nails can turn black and blue. "It's a myth that you're not a real runner unless your toenails turn black," Spector said. "They shouldn't." Yet you don't want to secure your feet too tightly, either, Spector says. "Locking down the tendons in your feet and preventing them from moving freely can injure the tendons or joints and irritate the nerves, conditions that can be difficult to treat and take a long time to heal."

The goal is for your foot to be stable as you run — or even as you walk — said Voigt, a recreational runner who played lacrosse at the State University of New York at Canton. He said a number of lacing strategies are designed to secure your foot while accommodating such common issues as bunions, or bony joints at the base of your big toe; a cavus foot, or a foot with a high arch; flat-footedness, or when the sole of your foot comes in contact with the ground when you stand or run; narrow heels; and heel spurs, or calcaneal spurs, which are buildups of calcium on your heels.

In addition, some lacing techniques can be used to adapt a running shoe if, for whatever reason, you don't have access to a variety of shoes. "Overseas, I didn't have the luxury of going and trying on lots of different pairs of shoes, so I had to make do with what I had," said Steve Royster, a Foreign Service officer who just finished his ninth marathon and is working in Washington. "I noticed that if I laced them with different levels of tension or skipping certain eyelets, I would get different and sometimes helpful effects." Royster said he has flat feet, so he's benefited from lacing his shoes through all of the eyelets but then tying them pulled to the outsole, away from the arch. "This helps to adjust shoes that don't fit as well to give me more support," Royster said. Voigt also noted that it's a good idea to ensure that your laces are flat and not twisted as you tie them. "This is another way to avoid chafing and irritating any of the nerves on the top of your feet as you run."

While it's important for runners to be properly fitted for shoes that are comfortable, support their foot type and gait, and are appropriately laced, runners experiencing pain, skin issues or numbness in their feet that does not resolve quickly should be evaluated by a podiatrist to rule out more serious local or systemic problems, Spector said. "Our feet are attached to our bodies," he said. "So optimizing their biomechanics and function will improve how the rest of our body works." Voigt says that most running stores can show you how to lace your shoes if any of the techniques are confusing or if you don't know which ones would work best.

### The Art of Lacing



**Gap lacing:** Lace your shoes normally but skip any areas that are sensitive, especially if you have high arches, wider feet or bunions.



**Side lacing:** Securing your shoes by lacing them on the side of your foot can accommodate high arches and flat-footedness.



**Loop lock lacing:** This style is designed for when you get the right fit but your heel still wants to slip. You're basically lacing the shoe and going back to last eyelet to pull everything tight.



**Skip lacing:** This style can accommodate greater blood flow at the neck of the foot and bunions.



**Speed lacing:** Some shoes come out of the box with speed laces, but you can buy them at most running stores. Speed laces are popular among triathletes because you can slip your feet quickly into your shoes and simply pull the laces to tighten them. Most speed laces come with a simple locking mechanism.



**Straight lacing:** This style can help relieve pressure on the top of your foot. You're creating more space between eyelets without skipping eyelets. "

If you have questions about your feet, gait, shoes or lacing techniques, [talk to your Chiroprapist](#) today! We're here to make every step comfortable! 🌀

## Nasty Foot Neuromas!

### *Burning Stabbing Pain in the Ball of the Foot?*



A neuroma is a growth or tumor of nerve tissue that occurs in the ball of the foot, between the metatarsals. **Neuro-** is from the Greek for nerve and the suffix **-oma** denotes swelling.

A nerve courses between each of the metatarsal bones in the foot. When this nerve passes between the metatarsal heads at the ball of the foot, they sometimes become pinched by a shearing force that occurs during pronation, or rotational movement. This occurs most often between the third and fourth, or between the second and third toes. When the nerve is pinched, it becomes irritated, swollen and enlarged.

Patients often will describe a burning or stabbing type of pain in the ball of the foot.

The pain will sometimes radiate into the adjacent toes of the foot. Transverse pressure while palpating the toe usually elicits pain. People say they get relief by removing their shoes and massaging their foot. Orthotics to control the underlying pronation and/or metatarsal pads can also provide relief. We provide professional clinical treatment for neuromas at the [Werkman Foot & Orthotic Clinic](#) in Oakville. Be foot smart and neuroma free! See your Chiropodist regularly! ☞

## Werkman Chiropody Blog & Newsletter...

Would you like to receive updates about new products, services, and special offers? Subscribe to our bi-weekly blog or quarterly newsletter today!

We're looking forward to seeing you again soon! Visit the contact page of our website at [www.werkman.ca/contact-us/](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 | Injections  
Heal/Arch/Foot Pain | Custom Made Orthotics | Nail Surgery | Diabetic Footcare and Education

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