

Exceptional footcare for all ages.

J.Richard **Werkman**
C H I R O P O D I S T



Sandy Toes and Sun Kissed Noses... More Summer Please!

Summer 2015

What an Exciting Summer!

The Pan Am and Parapan Am Games came and went during July and August. Canadian athletes were at the top of their game and so proud to be participating in front of home audiences. Canada ranked a respectable second in the medal count for both Pan Am and Parapan Am Games. Live event coverage was expanded because viewers just couldn't get enough. We even tolerated the weather, especially the mini heat-wave, rain that never came when predicted, and the tornado near London. But we're not complaining, especially after last year's Winter.

Your feet have probably been as freewheeling as the weather, wearing fashionable flip flops, strappy little sandals and unsupportive, but oh so, fun boat shoes and moccasins. This is a good time for routine footcare and treatment for summer foot conditions, like plantar warts, athletes foot, ingrown toenails, or heel, arch and knee pain. The Werkman Chiropody Team is ready to help. Book your appointment today!



Finding Foot Friendly Back to School Shoes For Your Kids

Follow the ABCDEs of Smart Shoe Shopping

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, follow the ABCDEs of smart shoe shopping.

A. Whether it's on the school bus, in the classroom, on the playground or sports field, children need a well constructed pair of shoes to help reduce the risk of injury that can lead to more serious problems such as sprains, strains and fractures.

B. All parents want happy and content children. In spite of what your kids tell you, there's more to buying shoes than simply how they look. Not every fashion-forward or trendy shoe is a healthy choice. Look for 3 things when choosing shoes:

- a. proper toe flexibility
- b. a rigid middle
- c. and a stiff heel

C. Don't be wooed into buying shoes that need a "break-in" period. If they are not comfortable immediately, don't buy them.

D. Never hand down footwear. No four feet are alike. The odds are against a shoe properly and comfortably fitting two children. Besides, sharing shoes can spread fungi like athlete's foot or nail fungus.

E. Take note of changes in children's feet. It may be necessary to change shoe and sock sizes every few months as his/her feet grow. Remember, children don't always tell us about their foot discomfort.

Choosing properly fitted and supportive shoes that offer good support and protection is important to the overall health of children. Talk to your chiropodist or podiatrist today!



Meet Kaitlin - Registered Chiropodist **Newest Member to the Werkman Foot & Orthotic Clinic**

Kaitlin Werkman achieved her B.Sc. (Hons) Podiatry at Queen Margaret University near Edinburgh, Scotland and is currently working on her MSc Diabetes.

Don't let her young looks fool you! Kaitlin is a full-fledged **Registered Chiropodist**, is licensed under the United Kingdom HCPC (Health & Care Professions Council).

She is a student member of the Canadian Federation of Podiatric Medicine (CFPM) and Ontario Society of Chiropodist (OSC). Kaitlin is also licensed for nail surgeries and local anesthesia.



Surgical Skills for Chiropodists **Progressive Education**

As members of the Ontario Society of Chiropodists we are offered opportunities for progressive education and the constant upgrading of skills thanks to improvements in technology and medicine. Next month, Rick Werkman and Kaitlin Werkman will be attending a Surgical Skills Workshop for Chiropodists at the University of Guelph.

The Surgical Skills Workshop includes a review of neurophysiology, electrodiagnoses, and functional neuropathies of the foot and ankle. Surgical techniques include tenotomy, capsulotomy, Z-plasty and minimal incision nerve decompression procedures. While those techniques may not mean a lot to you, they mean the world to us!

Our commitment to continuing education is a reflection of our clinic philosophy for providing exceptional foot care to people of all ages in order to serve the growing and diverse needs of our community. [Talk to us](#) any time.



Advanced Therapy with Centuries-Old Magnetic Biostimulation

NASA uses magnetic field generators in spacecrafts

Mankind has been using magnetic energy and fields to their benefit for centuries. You only have to think of magnetic compasses or the magnetic-field generators NASA use in their spacecrafts.

But are you aware that magnetic energy could actually be used to benefit your health? You might not realize it, but we are actually heavily dependent upon magnetic energy. So much so that we wouldn't be able to function properly without it.

Research conducted on the human body shows that our existence does not solely depend on the millions of chemical reactions that take place in our bodies, but also relies on the electro-magnetic interactions that occur, since a large proportion of the chemicals found inside a human body are electro-chemical ions. The distribution, flow and the manner in which these ions interact with each other influence many bodily functions. Magnetic biostimulation is a fairly recent development and is a form of treatment that manipulates these ions to facilitate the healing process.

How Does Magnetic Biostimulation Work?

First of all, let's talk about what magnetic biostimulation actually is. It's actually very simple — it utilizes electromagnetic devices to apply magnetic fields to the body. Other forms of magnetic therapy involve applying static magnets to the body for extended periods of time. These magnets can come in the form of many everyday items such as rings, bracelets, insoles for shoes, plasters, mattresses and blankets, meaning you can continue to live your life normally while undergoing the treatment.

But how does magnetic biostimulation help to heal the human body and improve the patient's overall physical condition? When your body is exposed to the magnetic field generated by the technology used in one of these sessions, the magnetic energy doesn't just hit your skin, it reaches every single cell in your body, affecting the individual molecules that make up a cell.

What Are the Effects of Magnetic Biostimulation?

An efficient supply of oxygen is key if the body is going to heal damaged tissue, and more often than not, when a patient is suffering from a chronic condition, the affected tissue only receives a limited amount of oxygen. Magnetic biostimulation is able to quickly deal with this issue, stimulating increased levels of oxygen and subsequently providing you with more energy on a cellular level. The benefits of this can be seen most notably in patients that have suffered some sort of serious muscle trauma, or have undergone major surgery.

Magnetic biostimulation is also able to increase blood flow to the affected part of the body, which not only helps to deliver the higher levels of oxygen we just talked about, but also removes waste products that could be preventing or slowing down the healing process. This can be achieved because the ion channels that this treatment is able to manipulate are responsible for regulating muscle contractions. Magnetic biostimulation causes capillary networks in the affected area to contract and relax to modify blood flow to meet the body's requirements.

Magnetic therapy is also known to increase the productivity of the cells in damaged tissues by facilitating the exchange of ions from the inner part of the cell wall and the outer part. This results in an increased metabolism, not just in those cells, but in the entire body. This allows your body to supply the damaged tissue with the nutrients required for efficient healing, and is known to quickly reduce swelling.

Remember how we said earlier that many of the chemicals inside the human body are chemical-electrical ions, well there is no better example of these in action than when the nerve system sends pain signals to the brain. Under normal circumstances, nerves possess a precise balance of positive and negative ions, and when this shifts, pain signals are relayed to the brain. Some nerve disorders or damaged nerves can cause false pain signals to be repeatedly sent to the brain, making life very uncomfortable, but magnetic biostimulation helps to re-establish the balance of these ions, subsequently lowering the frequency of these pain signals, or preventing them altogether.

Learn more about Magnetic Biostimulation here. Talk to a Chiropractor about your pain today. We care about your health and well-being.



Submitting an Extended Health Care Benefits Claim to Sun Life

A Guide to Purchasing Custom-Made Orthotics and Orthopaedic Shoes

At Werkman Foot & Orthotic Clinic, we abide by the following recommendations by **Sun Life** so that patients can be confident that our office will provide them with the correct paperwork when submitting an extended health care benefits claim.

"Understanding Orthotics and Orthopaedic Shoes (Member): When What You Don't Know Can Hurt You..."

If you have a prescription for custom-made orthotics or custom-made shoes, this guide should help walk you through your purchase. Asking questions and staying informed throughout the process will help ensure that your orthotics or shoes meet your needs. Your extended health care benefit helps cover:

- Custom-made orthotics
- Custom-made shoes
- Modifications to footwear

Let's take a closer look at each one...

About custom-made orthotics

An orthotic, a corrective device worn inside a shoe, can help the muscles, tendons and bones of your feet and lower legs function at their highest potential. Custom-made orthotics are manufactured from a 3-D image of your foot using raw materials. When appropriately prescribed to treat a medical condition and custom-made, orthotics can decrease pain, not only in your feet, but in other parts of the body, such as your knees, hips and lower back.

What to expect during your assessment

Once you have a prescription for custom-made orthotics, your next step is an appointment with a qualified foot care specialist. Your provider guides you through an extensive evaluation to ensure orthotics are the best option and that they're properly designed for you.

During your initial assessment, your provider documents your medical history, symptoms and previous injuries, and takes into account your lifestyle and typical footwear.

During your examination, your provider observes:

- Your overall posture
- The structure, alignment, strength and range of motion of your legs and feet
- Your presenting symptoms and condition
- Your current footwear for fit, wear patterns and function.

During your gait analysis, your provider observes how you walk; identifying any existing accommodations or abnormalities.

Based on your assessment, your provider discusses your treatment options and explains how the treatment will help meet your specific needs.

In order to create true custom-made orthotics, your provider needs a 3-D cast that captures the exact contours of your feet in their ideal functional position. Approved casting techniques include foam box casting, plaster slipper casting, wax molding, contact digitizing and laser/optical scanning. Making a footprint on an ink pad, recording your shoe size or walking over a pressure plate doesn't qualify, since none provide the information needed to create custom-made orthotics.

Manufacturing your orthotics will likely take a week (or longer), since authentic custom-made orthotics are created entirely using raw materials based on your 3-D cast.

When your orthotics are ready, your provider schedules a dispensing appointment. This is to ensure your orthotics fit you and your footwear.

Your provider will conduct another gait analysis while you're wearing your new orthotics. Your provider should have the ability to modify your orthotics onsite, in order to ensure maximum comfort and function.

Good patient education includes discussing how your orthotics should feel, how to break them in, when you should wear them, how to take care of them and your options if you're not satisfied. Your provider should conduct a follow-up call or appointment four to six weeks later to see how you're doing.

What's covered?

To be eligible for coverage under your plan your custom-made orthotics must be:

- Custom-made using raw materials, created from a three-dimensional cast of your feet.
- Prescribed by a specific health care professional – a doctor, chiroprapist or podiatrist – as a medically-necessary treatment for a foot condition. Note: Some plans allow other health care practitioners to prescribe. Please refer to your employee booklet for details.

We also recommend that your orthotics are provided or dispensed by a foot care specialist – for example, a podiatrist, chiroprapist, pedorthist or orthotist – specially-trained to assess, design, manufacture, and fit orthotics and footwear.

What's not covered?

Some examples:

- Orthotics or orthopaedic footwear purchased for convenience or general comfort only
- Commercially-made products sold over-the-counter in pharmacies or other retail stores, such as cushioned heel cups or insoles
- Orthotics for sports or recreational activities only
- Discounted orthotics or orthopaedic shoes

What to watch for when buying orthotics

Avoid purchasing orthotics in the following scenarios:

- ✘ Temporary situations like home or trade show exhibits, kiosks or health booths in malls or department stores
- ✘ On-line [Internet Shopping]
- ✘ As part of a group. Some 'dispensers' hold mass screenings at work or home, offering orthotics to entire families or groups without properly evaluating each person.



- ✘ For young children: Orthotics for children under age five aren't common, since many skeletal or soft tissue injuries that require treatment with custom-made orthotics don't present in young children. Only medical doctors and pediatric specialists are able to prescribe this type of early treatment
- ✘ As part of a special deal or discount offers. This is a sure sign something isn't right. Providers who are eligible dispensers under your plan aren't allowed to offer deals under their code of ethics. Examples include offers of 'free shoes with the purchase of orthotics' or 'two-for-the-price-of-one' deals.

About custom-made shoes

Custom-made shoes are built 'from the sole up' using 100% raw materials to accommodate severe foot abnormalities. Although the reasons for needing custom-made shoes are diverse, there are three main categories based on medical necessity:

- A congenital deformity is a structural deformity present at birth. For example, someone born with a deformed or missing limb.
- A traumatic injury to one or both of your lower limbs, caused by a car accident, for example.
- A disease process that affects one or both feet. For example, an amputation required due to diabetes or a significant bony deformity caused by arthritis or osteomyelitis.

What's covered?

To be eligible for coverage under your plan your custom-made shoes must be:

- Custom-made using raw materials, created from a custom-made 'last' of your foot. A last is an accurate three-dimensional model of an individual's foot and ankle designed from a 3-D cast of the person's foot. The shoe is built around this last from patterns reflecting its true individual design.
- Prescribed by a specific health care professional – a doctor, chiropodist or podiatrist – as a medically-necessary treatment for a foot condition. Note: Some plans allow other health care practitioners to prescribe. Please refer to your employee booklet for details.
- We also recommend that your custom-made shoes are provided or dispensed by a foot care specialist – for example, a podiatrist, chiropodist, pedorthist or orthotist.

About orthopaedic shoes

In many cases, foot conditions can be treated with off-the-shelf or stock footwear designed with specific features such as extra depth or extra wide widths for example. These shoes are mass produced, not custom-made.

What's covered, what's not

Although your plan doesn't cover the cost of off-the-shelf orthopaedic shoes, it may help cover:

- Custom-made orthotics placed within orthopaedic shoes
- The cost of modifying off-the-shelf orthopaedic shoes, when medically-necessary and prescribed and modified by a qualified specialist. Examples include shoe lifts or extensions for someone with one shorter leg.

Examples of qualified specialists			
Prescribers:		Providers:	
• Physician	M.D.	• Podiatrist	D.P.M.
• Podiatrist	D.P.M.	• Chiropodist	D.Ch. or D Pod M
• Chiropodist	D.Ch. or D Pod M	• Pedorthist	C.Ped. (C) or C Ped MC
		• Orthotist	C.O. (c) or CPO (c)

Did you know?
 These health care professionals are licensed and governed under either provincial or national organizations. As such, they are subject to standards of practice and codes of ethics, which helps ensure both their accountability and your protection.

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What to do when you have a claim

- Complete a Sun Life Financial Extended Health Care claim form. You can get a claim form on our Plan Member Services website or through your benefits administrator.
- Include a copy of your prescription, which should indicate the medical condition for which the orthotic, custom-made shoe or orthopaedic shoe is being prescribed.
- Attach your original detailed receipt showing that the products have been paid in full and received.

Know your coverage

If you have access, visit the Sun Life Plan Member Services website or refer to your employee booklet to confirm your coverage details: from what's covered, the percentage you're covered for, and any limits that apply, such as a yearly maximum. You can also confirm if your plan accepts prescriptions from any other health care professionals. For example, some plans accept prescriptions from chiropractors, while others don't.

Questions?

Talk to your benefits administrator or call Sun Life's Group Benefits Customer Care Centre at 1-800-361-6212. Visit the [Sun Life website](#) for additional information."

Four Types of Malignant Melanoma

What You Need to Know

What is Malignant Melanoma?

Melanoma is a cancer that begins in the cells of the skin that produce pigmentation (colouration). It is also called malignant melanoma because it spreads to other areas of the body as it grows beneath the surface of the skin. Unlike many other types of cancer, melanoma strikes people of all age groups, even the young.

Melanoma in the Foot

Melanoma that occurs in the foot or ankle often goes unnoticed during its earliest stage, when it would be more easily treated. By the time melanoma of the foot or ankle is diagnosed, it frequently has progressed to an advanced stage, accounting for a higher mortality rate. This makes it extremely important to follow prevention and early detection measures involving the feet as well as other parts of the body.

Causes

Most cases of melanoma are caused by too much exposure to ultraviolet (UV) rays from the sun or tanning beds. This exposure can include intense UV radiation obtained during short periods, or lower amounts of radiation obtained over longer periods.

Anyone can get melanoma, but some factors put a person at greater risk for developing this type of cancer. These include:

- Fair skin, skin that freckles, blond or red hair
- Blistering sunburns before the age of 18
- Numerous moles, especially if they appeared at a young age

What Should You Look For?

Melanoma can occur anywhere on the skin, even in areas of the body not exposed to the sun. Melanoma usually looks like a spot on the skin that is predominantly brown, black, or blue—although in some cases it can be mostly red or even white. However, not all areas of discoloration on the skin are melanoma.

There are four signs—known as the ABCDs of melanoma—to look for when self-inspecting moles and other spots on the body:



Asymmetry — Melanoma is usually asymmetric, which means one half is different in shape from the other half.



Border — Border irregularity often indicates melanoma. The border—or edge—is typically ragged, notched, or blurred.



Colour — Melanoma is typically a mix of colors or hues, rather than a single, solid colour.



Diameter — Melanoma grows in diameter, whereas moles remain small. A spot that is larger than 5 mm (the size of a pencil eraser) is cause for concern.

If any of these signs are present on the foot, it is important to seek medical attention immediately. It is also essential to seek medical attention if there is discoloration of any size underneath a toenail (unless the discoloration was caused by trauma, such as stubbing a toe or having something fall on it). Report any changes to your Chiropodist or Podiatrist immediately.

Diagnosis

To diagnose melanoma, the Chiropodist or Podiatrist will ask the patient a few questions. For example: Is the spot old or new? Have you noticed any changes in size or color? If so, how rapidly has this change occurred? Your Chiropodist or Podiatrist will refer you for further examination or testing.

Prevention and Early Detection

Everyone should practice strategies that can help prevent melanoma—or at least aid in early detection, so that early treatment can be undertaken.

Precautions to avoid getting melanoma of the foot and ankle, as well as general precautions, include:

- Wear water shoes or shoes and socks—flip flops do not provide protection!
- Use adequate sunscreen in areas that are unprotected by clothing or shoes. Be sure to apply sunscreen on the soles as well as the tops of feet.
- Inspect all areas of the feet daily—including the soles, underneath toenails, and between the toes.
- If you wear nail polish, remove it occasionally so that you can inspect the skin underneath the toenails. Avoid UV radiation during the sun's peak hours (10 a.m. to 4 p.m.), beginning at birth. While sun exposure is harmful at any age, it is especially damaging to children and adolescents.
- Wear sunglasses that block 100% of all UV rays—both UVA and UVB.
- Wear a wide-brimmed hat.

Remember: Early detection is crucial with malignant melanoma. If you see any of the ABCD signs—or if you have discoloration beneath a toenail that is unrelated to trauma—be sure to visit a footcare specialist as soon as possible.

[adapted from the American College of Foot and Ankle Surgeons website to help save lives.]



Create Your Own Custom Birkenstocks Footbeds Made to the Shape of Your Feet

Birkenstock footbeds are contoured in the shape of a healthy foot, which ensure proper weight distribution to help support the foot's natural shape and structure.

However, some people with medical conditions such as Plantar Fasciitis, shin splints, arch pain, metatarsalgia, neuromas, arthritic conditions or other foot, leg or lower back pain may benefit from having a custom Birkenstock footbed made to the shape of their own feet.

The Birkenstock tradition of quality craftsmanship goes back more than 225 years. Crafted in Germany, Birkenstocks are created using only premium products and materials. Starting with high-grade leather, suede, nubuck, and non-leather uppers, materials are dyed all the way through for a lasting look.

Birkenstock footwear also includes our unique contoured footbed, shock-absorbing soles and specially designed buckles for years of comfort and durability. Almost every component of our footwear can be repaired or replaced, making Birkenstock footwear a long-lasting investment in the health of your feet.

Talk to your Chiropractor or Podiatrist today about custom made Birkenstock shoes and sandals!



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/ 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 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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