

# Spring 2016

Exceptional footcare for all ages.

J.RichardWerkman  
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!*

**85%**

## 85% of Diabetes-Related Amputations Can Be Prevented!

*A Message From Diabetic Foot Canada.* "Foot care is a major issue for the one million Ontarians who live with diabetes. It especially impacts seniors and people with limited incomes.

Too many Ontario residents with diabetes undergo devastating and expensive foot/leg amputations that could have been prevented if they previously had had simple, low-cost interventions.

Policy options exist that can rapidly improve the lives of people in need of diabetes foot care, while significantly reducing complication, improving patients' lives and reducing health system costs.

**Why is the prevention of every diabetes complication funded – EXCEPT foot care?**

Early screening and appropriate foot care can prevent up to 85% of diabetes-related amputations! (source: [Canadian Association of Wound Care](#))"

[Rick Werkman](#), D.Ch., B.Sc. Podiatric Medicine and [Kaitlin Werkman](#), B.Sc. Podiatry, MSc Diabetes Student, recently attended the **Advances for the Management of Diabetic Foot Complications** conference presented by Canadian Association of Wound Care and Diabetic Foot Canada.

The one-day program included in-depth presentations related to:

- The prevalence of diabetes and implications for patients and the health care system
- An approach to optimal foot care, including the prevention of ulcers and amputations
- Advances in vascular surgery and the treatment of infections
- Optimizing local wound care

If you are living with diabetes, you are at greater risk of developing foot problems. See your Chiropodist or Podiatrist today.

## **A Word about Chiropodists and Podiatrists**

The College of Chiropodists of Ontario ([COCOO](#)) regulates the practice of podiatry and chiropody and governs the members in accordance with the Chiropody Act, 1991, the Regulated Health Professions Act and the regulations and by-laws.

To practise chiropody and podiatry in Ontario, internationally educated chiropodists and podiatrists must hold a Certificate of Registration and meet the requirements set out by the College of Chiropodists of Ontario. Learn more about [COCOO](#) regulations.

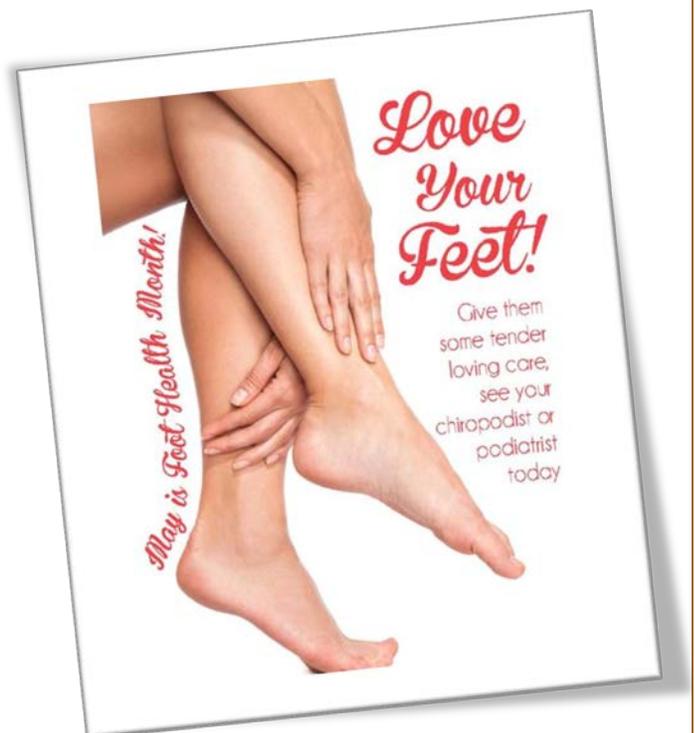
## **May is "Foot Health" Month**

*Have a Love Affair with your Feet!* From your first step, having healthy feet is important. 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.

May is nationally recognized as Foot Health Month.



It's the month that Chiropractors and Podiatrists raise awareness about the importance of loving your feet.

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

## The A, B, Cs of Chiroprody

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

Foot pain is not normal. Celebrate Foot Health Month and see your [Chiropractor](#) or Podiatrist today!



## Get Your Spring Foot Check-Up BEFORE Buying New Shoes!

*April was like riding a thermometer rollercoaster!*

We finally started feeling Spring... and then it was gone (again). Eventually the month and thermometer will be in perfect harmony and we'll be able to get outside to walk, run, cycle, and garden, without mittens and toques!

Getting fresh air is important to our overall sense of well-being, made more difficult when your feet, knees or back hurt while you're trying to enjoy the outdoors.

## **Spring Motivates us to Move.**

Before you buy those fashionable new walking or cycling shoes, did you ask your feet what type of support they need? If your feet could talk, they'd tell you. Unfortunately, all they can do is express their feelings through pain, discomfort and fatigue when they are unhappy. Who can interpret the needs of your feet? Your [Registered Chiropodist](#) can!

[Rick Werkman](#) and the [team at the Werkman Foot and Orthotic Clinic](#) are footcare professionals who take care of every facet of your feet from [routine foot examinations and nail care](#) to [specialized diabetic foot care, education](#) and [custom orthotics](#) for sports and every day.

Everyone needs to take care of their feet! From the young to the young at heart – we want you to live your best life – foot pain free. Make your appointment for a [Spring Foot Check-Up](#), talk to us about your planned Spring and Summer activities and let us help you [put your best foot forward!](#)



## **Why Are My Feet and Legs So Tired and Achy?**

### *What You Can Do for Tired, Achy, and Painful Feet and Legs.*

There are many reasons people experience tired, achy or painful legs and feet. To help determine the cause, think about these 6 questions:

1. Is the discomfort or pain that you feel dull or sharp?
2. What part of your foot or leg is involved? Is the pain in one area (localized) or everywhere (diffused)?
3. When does the pain or discomfort begin and how long does it last?
4. Does the level of discomfort or pain worsen or does it stay the same?
5. Is there anything you've noticed that aggravates the pain or discomfort?
6. What have you tried to alleviate the pain or discomfort - and how successful have you been?

We don't want anyone to feel they have to "put up with pain". That's why we offer comprehensive treatment for [foot related conditions like these](#).

At the Werkman Foot & Orthotic Clinic in Oakville, we come to work every day with more than 25 years of combined experience you can count on. [Book an appointment](#) to experience our caring hands for happy feet today!

## Sports Related Foot Problems and Injuries:

### *Risk vs Reward*



Our feet. They carry a lot of weight – and take an average of 8,000 to 10,000 steps every day. More for children. Adding physical exercise and sports participation increases the pressure and stress on our feet and the risk for foot and ankle problems and injuries. While physical exercise may be great for the 'soul', it's not always good for the 'sole'.

Talk to your [Chiropodist](#) so you can maximize the rewards and minimize the risks for these common sports related conditions:

### Common Sports Related Foot Problems and Injuries:

- stress fractures
- bursitis
- heel spur syndrome
- shin splints
- runner's knee
- neuroma
- sprains and strains
- metatarsalgia
- Plantar Fasciitis (heel pain)
- Achilles tendinitis
- hamstring injuries
- hammer toes / claw toes

Learn more about each of these [performance-affecting conditions](#). Other foot problems which can impact sports participation can be:

- ingrown toenails
- sub-ungual hematoma (bleeding under the nail)
- blisters
- onychomycosis (fungal infection)

[Make an appointment](#) with your Chiroprapist and talk to them about treatment options, such as taping/strapping, magnetic bio-stimulation (MBS), and sports shoe advice. We want you to perform at the top of your game – and enjoy it!



## What a Chiroprapist Does

*Chiroprapists are registered professionals* providing foot and nail care. Being a Registered Chiroprapist means the professional is licensed under the Chiroprapody Act with the College of Chiroprapists of Ontario.

In addition to being registered for routine and specialized footcare, J. Richard (Rick) Werkman, successfully completed his B.Sc. Podiatric Medicine with electives focusing on the areas of Sports Medicine and Injuries, Microbiology and Podopharmacology.

Rick is also Licensed for Nail Surgery, Local Anesthesia, and Injections to the foot.

Rick Werkman has been a part of the chiroprapody/podiatry profession since 1991 and provides comprehensive foot and nail care such as:

- Arthritis, joint pain, sprains and strains
- Sports related foot problems
- Diabetic footcare, ulcers and wounds
- High arches, flat fleet and custom orthotics
- Bunions, corns, calluses, plantar warts
- Thick, fungal, and ingrown nails
- Click to see the extensive range of treatments offered for [foot related conditions](#).

Learn more about [Rick Werkman](#) and [the team](#) at the Oakville Foot & Orthotic Clinic, then [book your appointment](#) with confidence!



## Worrisome Warts?

*Most Plantar Warts* aren't a serious health concern. But Plantar Warts can cause discomfort or tenderness when walking or standing. If you have diabetes, poor sensation in your feet or weakened immunity, it's best seek professional treatment for plantar warts. [Get in touch](#) with us to learn more.

Plantar warts are hard, grainy growths that usually appear on the heels or balls of your feet. You may notice black pinpoint, commonly referred to as "wart seeds". These black pinpoint are actually small clotted blood vessels.

### What Causes Plantar Warts?

Plantar warts are caused by viruses. The virus seeks out any tiny cuts or breaks on the bottom of your bare feet, and then makes its way into your body. To protect yourself, never go barefoot in public areas such as showers, pools, locker rooms, and gyms. Take shower shoes or waterproof sandals with you to minimize the risk.

### Treating Plantar Warts

Warts can be stubborn. Treatments include topical chemicals, freezing, or burning off with a laser or electrical current. Your [Chiropodist/Podiatrist](#) will suggest a course of action for your Plantar Warts. Learn more about [Plantar Warts and treatments](#) here. [Make an appointment](#) to end bothersome warts today!

## Today's Smile!

### Question:

How does a frog feel with a broken foot?



**Answer:** Unhappy!

## 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!

Book your appointment 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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