

ORVITZ PODIATRY

SPRING NEWSLETTER 2017

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Spring Footcare

It's officially spring, not that we had a very hard winter, in fact we had winter in just one day! The snow is going and is making way for warmer weather. With better weather comes longer, warmer days allowing us to get back outside and be more active. Your feet may start to protest when you start moving around more; don't neglect them, make an appointment today to have your feet checked out.

Your feet shouldn't hurt you when you're on your long walks or runs, if you're feeling any discomfort call to make an appointment today. You may need to have a pair of custom orthotic devices made to ensure that your feet are in their best possible functioning position. Also a course of Therapeutic Laser may be in order to help your sore feet heal faster. Ask us about Therapeutic Laser when you give us a call to make an appointment.

WE ARE HERE TO HELP YOUR FEET
BE THE BEST THEY CAN

ANY QUESTIONS AND TO BOOK AN
APPOINTMENT CALL US:
905-687-4979
OR EMAIL:
futdoc3@hotmail.ca

Foot Care for Walkers and Runners

It's true when they say "When our feet hurt, we hurt all over,"- Socrates. Having any pain during or after walking/running should not be the normal for you. If you're experiencing any pain with your feet upon activity here are a list of things to check to see how you can make a difference in your foot health. As always seek professional help to diagnose any foot problems.

Are you in the right shoes?

Being comfortable is not necessarily about buying the name brands it's about finding the shoe that fits. Problems can occur if the shoe is too tight or too loose, for example, a too tight shoe could cause rubbing and blistering, as well as toenail problems. A too loose shoe can cause your foot to slide around and create unwanted friction in the shoe.

As always our office continues to provide all your foot care needs. We continue to offer Laser Therapy treatment of fungal toenails, call to book your appointment today.

Call us at (905)687-4979 to make an appointment.

Stevan H. Orvitz and Staff



New Product Alert

We are proud to be carrying Bauerfeind® Compression Socks!

VenoTrain® compression therapy is designed to provide long term medical effectiveness, excellent wearing comfort and great looks. The assortment includes different designs, colors and compression levels to fit different life styles of all walks of life. Manufactured with premium quality double covered yarns, all VenoTrain products are designed to provide controlled gradient compression providing maximum pressure at the ankles, decreasing gradually going up the leg. VenoTrain provides effective relief for a wide range of conditions, from tired, achy legs and varicose veins to more severe problems such as chronic venous insufficiency.

http://www.bauerfeind.ca/en_ca/products/compression-therapy/

Ask about these compression socks at your next visit!

Call to make an appointment
905-687-4979



Foot Care for Walkers and Runners cont.

Improper shoe fit is the leading cause of running injuries. Check with your Podiatrist when it comes to buying a new pair of shoes, see if you would need a pair to accommodate orthotics and what style of shoe would be best to meet your needs. Make sure you're getting the proper fitting shoe, ask for help when it comes to sizing, either your Podiatrist or the staff at the shoe store can help with your sizing and fit needs.

Can socks make a difference?

You'll want to have socks made of a moisture wicking material that allow your feet to breath. Blisters can form if you have socks that don't allow your feet to breath due to friction caused by sweaty feet.

Are Orthotics Necessary?

Talk with your Podiatrist about having custom made orthotics, these orthotic devices will put your feet in the best functioning position which may make walking and running more comfortable for you. It's best to seek professional help when deciding what to do about orthotics as a Podiatrist will do a comprehensive biomechanical exam to determine your special needs

A few other suggestions when it comes to foot health for walkers and runners:

- Keep your skin soft, dry skin can cause cracks on your heels which can be prone to infection.
- Use ice to reduce swelling after running
- Stop the fungus, athlete's foot is a common fungus that can be painful and itchy – keep your feet dry and clean as often as possible, change socks regularly, and discuss with your Podiatrist what you can do for athlete's foot

Your Podiatrist can help with all aspects of your foot health, and especially if you're feeling pain during activities. Don't hesitate call to make an appointment and talk today.



As always our office continues to provide all your foot care needs. We continue to offer Laser Therapy for treatment of fungal toenails and wart removal, and MLS Laser Therapy for sprains and injuries.

Call to book your appointment today.

Call us at 905-687-4979 to make an appointment.

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