

ORVITZ PODIATRY

SPRING NEWSLETTER 2018

282 WELLAND AVE. ST CATHARINES. ON.

www.niagarapodiatry.com T: 905-687-4979



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

Spring News

I think we can all agree that we're ready to put winter behind us; but the cold weather doesn't want to give way to nicer weather yet. When this cold snap finally breaks the warmer weather is just around the corner. With warmer weather means longer days and getting back outside, tending to gardens, going on walks, and just being outside more. If you've been cooped up all winter, you may notice your feet starting to protest your longer walks or outdoor activities. Don't wait for this to become a major problem. At the first signs of things not feeling right or painful, call the office to set up an appointment. You don't want to be laid up when the summer weather comes around.

Your feet shouldn't hurt you during any of you springtime activities, whether that's getting out for walks and hikes, or hitting the green for a golf game. Orthotics, a course of therapeutic laser treatments, or even shockwave therapy may be what you need to get you back on your feet, consult your Podiatrist at your next visit, call or email to make an appointment.

Foot Care for Golfers

Painful feet is a common ailment of golfers, conditions such as: heel pain, metatarsalgia, Morton's Neuroma, and tendonitis can affect a golfer. So what are these common conditions?

Heel pain is a condition known as plantar fasciitis and can occur due to excessive pronation in the feet. Pain usually occurs in the morning and after rest, and is located in the center of the heel.

Metatarsalgia is pain in the fore foot region and can be caused by corns, hard skin or bony pain.

Morton's Neuroma is inflammation of the nerve between the bones of the sole of the foot; can be very painful while walking.

Tendonitis is inflammation of the tendon that runs along the arch of the foot, this is a common golf injury as the foot is put under great pressure during the golf swing.

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

Foot Care for Golfers cont.

Treatment

What can you do if you start to notice your golf game is being affected by pain in your feet? First contact your Podiatrist, make an appointment to discuss what your options are. During this visit your Podiatrist may discuss the following options: prescription orthotic devices for your golf shoes, a course of Therapeutic Laser, or possibly Shockwave Therapy.

Orthotic devices are made from a plaster cast mold of your foot in its best functioning position. An orthosis is designed to control the mechanics of your foot to a precise degree – from the heel contact phase of walking through midstance and toe-off phase. They aid in supporting your foot where support is needed, to relieve plantar fasciitis pain, or support your arch from falling. Therapeutic Laser is a non-invasive cold therapy laser which uses wavelengths of light to treat painful conditions such as that heel pain, or arch pain. This laser can target any of your problem areas that's causing you discomfort on the fairway. Laser can work in conjunction with orthotic devices to help the healing process before using your new orthotics.

Shockwave Therapy is highly effective in treating Plantar Fasciitis, Tendonitis and Morton's Neuroma. The treatment involves using up to 2000 high pressure pulses applied to the area of injury or pain. Three to four Shockwave treatments are recommended in a three to four week period. The goal is to change a chronic, painful inflammation to an acute inflammation to which your body will respond by sending healing cells to the area. Any of these conditions can make it difficult to make that perfect golf swing. Don't let pain affect your golf game this spring, make an appointment today to discuss preventive options aswell.



OFFICE HOURS:

Monday 8:00AM – 12:00PM/ 2:00PM – 4:30PM
Tuesday 8:00AM – 12:00PM/ 2:00PM – 4:00PM
Wednesday 9:00AM – 12:00PM
Thursday 8:00AM – 12:00PM / 2:00PM – 4:30PM
Friday 9:00AM – 12:00PM

EVENING AND SATURDAY APPOINTMENTS MAY BE
AVAILABLE BY SPECIAL REQUEST ONLY

**THE OFFICE IS USUALLY CLOSED DURING LUNCHTIME
12:00PM – 2:00PM.**

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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.

Stevan H. Orvitz and Staff