

ORVITZ PODIATRY

FALL NEWSLETTER 2016

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FALL FOOTCARE

After the summer we have had, I'm sure we are all looking forward to some cooler fall days. Time to put the socks and shoes back on and head out for some brisk fall morning walks.

Are you noticing that your feet are starting to hurt? Are there some complaints about those new running shoes you bought? Now is the time to start foot care before it becomes more painful. We offer custom orthotic devices that can be put into most running/walking shoes. Call to make an appointment to get new orthotics today. Your feet will thank you!

The foot is a complex structure made up of 26 bones, 33 joints and more than 100 muscles, tendons and ligaments; that's 1/4 of all the bones in the human body, down in your feet. And they are all too easy to injure! Make sure to get your appointment booked before the bad weather hits.

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

What is Plantar Fasciitis?

Having pain in your heel and the bottom of your foot? Is the pain worse in the morning, but gets better during the day? This may be Plantar Fasciitis. Plantar Fasciitis is the inflammation of the plantar fascia – the thick ligament that connects the heel bone to your toes through your arch.

What causes Plantar Fasciitis?

Footwear that doesn't offer the best support for your feet can cause this type of foot pain, as well as weight gain, overly high arches or flat feet, and running and dancing which exerts strain on the muscles/tendons of the feet. Also having a job where you're on your feet all day can cause overstretching of the plantar fascia. (continue on page 2)

As always our office continues to provide all your footcare 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

What causes Plantar Fasciitis cont.?

When you move your foot – you're stretching and contracting the plantar fascia – if you suddenly overstretch your sole it could cause micro-tears on the plantar fascia which causes pain and inflammation?

What to do if you suspect Plantar Fasciitis?

Your podiatrist will do a thorough physical exam of your feet to determine if your pain is caused by your plantar fascia. Treatment can take up to a few weeks to create comfort in your feet. Custom Orthotics may be recommended to ease the pressure on your arch – our orthotics are made from plaster cast molds formed to fit your feet. A properly fitted device will help and correct any biomechanical issues you may have with your feet. Our office also offers a cold laser therapy – the MLS Laser Therapy for pain relief of plantar fasciitis and other painful conditions. This therapy is a non-invasive laser that can help you recover from strains and help reduce inflammation. Ask in office for more details on the MLS Laser Therapy.

Can you prevent Plantar Fasciitis?

Here are a few ways to reduce the risk of recurring Plantar Fasciitis:

- » stretch/warm up before activities
- » avoid high heels- this causes more strain on the ligaments in your feet
- » if you have high arches or flat feet consider custom orthotic devices – ask in office about having orthotics made
- » wear proper running shoes if you're a jogger/runner and replace them as soon as you start to lose cushioning

If you're having any concerns with your feet, don't hesitate to make an appointment sooner than later.



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 STAFFED DURING LUNCHTIME 12:00PM – 2:00PM. HOWEVER, IF THE OFFICE IS CLOSED AT THAT TIME, AND SOMETIMES DUE TO STAFFING IT MAY BE, PLEASE RETURN DURING THE ABOVE HOURS

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Or Email:

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As always our office continues to provide all your footcare 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.

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Stevan H. Orvitz and Staff